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One boy's very unHappy Meal

McDonald's withholds its report in alleged milkshake tampering PAGE 10

FIFA WORLD CUP FEVER: 3-2-1...

TECHNOLOGY ABOUNDS AT THIS YEAR'S TOURNEY, STARTING WITH AN IRON MAN-ESQUE KICKOFF AT OPENING CEREMONIES ON THURSDAY PAGE 11

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Downtown seems more dangerous now, says Farrell

Causes unknown.
City still searching for reasons behind apparent shift in sense of core-area safety

ROBSON FLETCHER
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After years of declining crime rates and improving perceptions of safety, downtown Calgary now appears to be getting more dangerous, according to a core-area city councillor.

Coun. Druh Farrell said Wednesday she's noticed a "marked" change as of late and has become concerned for her own safety at some downtown LRT stations after regular business hours.

"I don't feel comfortable taking the train, even at 6 o'clock," she said.

Her comments came during a committee discussion of the latest Centre City Citizen Perception Survey, a poll the city has commissioned Ipsos Reid to carry out every two years since 2009.

The survey examines Calgarians' attitudes toward the city's commercial core and the communities that immediately surround it — the Beltline, West End, Eau Claire, Chinatown and East Village.

Results from 2013 showed a marginal improvement in overall perceptions of safety compared to 2011, but Farrell said she's "seeing something a bit different" in her own observations.

While downtown remains in a better state than the "obvious social disorder of the mid-2000s," Farrell said she's now "seeing us fall back in that area."

"Even just outside the front of city hall, it's a constant state," she said. "There's a lot of Listerine being consumed."

Dawn Thome, a project manager with centre city planning and implementation, said Farrell is not alone in her observations. "We are aware that perceptions from 2013 are maybe telling us one story but what is on the street and what we're seeing is a different story," she said.

Thome said staff in her department have been in discussions with Calgary police, bylaw services and community agencies about the issue but have yet to identify specific reasons for the apparent change.

Coun. Evan Woolley said areas that could use some immediate attention are the downtown railway underpasses, which many pedestrians remain scared to use, especially at night.

"The revitalization of those underpasses, which see 50,000 people a day moving in and out of them, is critical," he said.

Farrell said the city saw great success with its 2006 "Clean to the Core" campaign to improve downtown safety, but new steps may be needed to address the current situation, once "we understand what the causes are."

Safe between 8 a.m.-5 p.m.?

96%

Proportion of Calgarians surveyed in 2013 who said they feel "very safe" or "reasonably safe" waiting at CTrain stations between 8 a.m. and 5 p.m.

Safe between 5 p.m.-10 p.m.?

72%

Proportion of Calgarians surveyed in 2013 who said they feel "very safe" or "reasonably safe" waiting at CTrain stations between 5 p.m. and 10 p.m.

Safe after 10 p.m.?

32%

Proportion of Calgarians surveyed in 2013 who said they feel "very safe" or "reasonably safe" waiting at CTrain stations after 10 p.m.

WORLD CUP ON TAP

Shawna Piatkowski clutches a replica World Cup on Wednesday at The Joyce on 4th Irish pub. Soccer fans are gearing up for the games here and aboard. Story, page 4. BRYAN WEISMILLER/METRO

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SHOPPERS DRUG MART

'Fraudulent charity'

Cops backtrack on scam allegations

Musical volunteers accused in a "fraudulent charity" case are now sounding off against police-sourced media reports.

The day after the fraud allegations were made public, Calgary cops confirmed the Children's Joy Foundation was actually a registered charity raising money for needy kids in the Philippines.

While police issued a clarification, it didn't appease Eliza Degamo of the international foundation.

"What you have done is a really big mistake and it's ruined the CJF," Degamo told Metro.

The foundation operates in several countries overseas and helps provide scholarships, free medical aid and supplemental feeding programs. Degamo referred further comment to the Calgary-based group of volunteers, who could not be reached at press time.

Residents in the Tuscany and Valley Ridge communities recently reported five people to police — including a boy and girl who were playing a guitar and violin.

Police first described the group as "aggressive solicitors" of Asian descent.

While authorities admitted they were "unable to verify the legitimacy" of the reports, the allegations of fraud were widely reported among the city's major news outlets.

"It certainly caught my attention," said non-profit researcher Peter Elson of Mount Royal University. "And unfortunately that's what could stick with people as opposed to the fact that it subsequently ended up being a mistake."

BRYAN WEISMILLER/METRO

New schools facing NIMBYism?

Keeping residents informed of potential future school sites in Calgary is no easy task, says a trustee fielding a storm of complaints from residents in two northwest neighbourhoods.

Outcry has built up in recent weeks over a facility planned for special-needs students in Varsity and another for Francophone kids in Scenic Acres.

Opposition has been so fierce to the Scenic Acres site in particular that the overseeing organization, Conseil Scolaire FrancoSud, has gone back to the drawing board to determine whether developing in another community may be more appropriate.

Joy Bowen-Eyre
METRO FILE

Calgary Board of Education trustee Joy Bowen-Eyre has been working to aid her Francophone counterparts as well as cool tensions over a replacement Christine Meikle School near the Alberta Children's Hospital in Varsity, but said the frequency of families moving in and out of such areas poses challenges.

Residents have claimed a lack of notice, saying they believed both sites were intended to remain open green spaces.

Bowen-Eyre noted that the CBE has eyes on publishing all of its future school sites, but said even then she fears similar opposition going forward.

"We really need these schools … we're going to have to maximize the use of spaces that we've got," she said.

Janet Lymer counts herself among those concerned about traffic that will be created on Scenic Acres Drive NW, should the 400-student Francophone site go ahead as planned. However, Lymer conceded, "there is some NIMBYism going on."

JEREMY NOLAIS/METRO

Developer, planning chief butt heads

Negotiation time. Calgary's standard development agreement is set to expire at the end of 2015

ROBSON FLETCHER
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As Calgary prepares to renegotiate its cost-sharing agreement with developers, city councillors heard two different perspectives Wednesday on what drives the price of housing in the city.

"When you look at this market, say, versus Edmonton for example, the price of land has escalated at a much greater pace here," Guy Huntingford, CEO of Calgary's Urban Development Institute, told a city committee.

"That really is the difference," Huntingford added. "We believe that more land supply and more competition certainly does help with the affordability issue for new homeowners."

Quoted

"We've seen transcripts from an annual meeting of one of the large developers … saying they're going to hold back land that could be delivered today … to increase their profit margins."

Rollin Stanley, general manager of planning

But city planning chief Rollin Stanley said it's simply "not true" that increasing land supply necessarily results in "cheaper housing product" in a "boomtown" like Calgary.

"We could be building all kinds of houses, and it's not going to bring down the price of housing," he said, adding that prices are a function of many more factors.

The city can't control when developers choose to subdivide and put land on the market, Stanley added, and he said he's aware of at least one instance in which serviced lots were purposely withheld in order to make more profit later.

An aerial view of suburban housing in Calgary in June 2013.
JONATHAN HAYWARD/THE CANADIAN PRESS FILE

"It was a conscious decision of a developer in the Calgary market to say, 'We're going to hold back releasing our land supply to result in higher margins,'" Stanley said.

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Kelly Neilon raises a pint at The Joyce on 4th. The Irish pub in the Mission district bar is known as a popular hangout for soccer fans, with events like the recent UEFA Champions League finale drawing big crowds. BRYAN WEISMILLER/METRO

Soccer-crazed fans, bars ready for Cup

The beautiful game. Kickoff begins Thursday with a match between Brazil, the host country, and Croatia

BRYAN WEISMILLER
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Steve McDowall has long circled the June 12 World Cup kickoff on his calendar — and not because the lads from his native Scotland will be on the field.

McDowall and his chums at The Joyce on 4th pub are clearly jacked to have soccer's month-long spectacle playing out in Brazil, arguably the most spectator-friendly timezone in two decades.

Liquor can be served for all 64 matches under provincial law.

"Business will grow almost exponentially," he said Wednesday, the eve of the tournament. "The games become more popular.

"More people want to watch at the pubs than at home because you've got the camaraderie of your countrymen and the rivalry."

McDowall expects to see a disproportionate number of English boosters turning up to the pubs he manages, including The Joyce.

Steve Vesuwalla will be cheering on The Three Lions, but from 10,600 kilometres away. The Calgary businessman will be flying to Sao Paulo Thursday to take in his fourth World Cup.

Vesuwalla describes it as a "guys' trip" that includes at least eight matches.

And despite some of the usual hullabaloo over last-minute preparations, fan security, and slow Internet and cell service, Vesuwalla contends he's got no concerns.

"I'm sure there will be long lineups and traffic jams," he said. "But it's not like you're working there — all you got to do is wake up, eat and watch soccer games."

The World Cup kicks off with a match between Brazil, the hosts, and Croatia.

Where to watch the game

- Ship & Anchor Pub
- Gaucho Brazilian BBQ
- Nicastro's Public House
- Wurst Restaurant and Beer Hall
- The Joyce on 4th

ALERT makes $9M drug bust

Edmonton law enforcement made Western Canada's largest drug bust last week, after confiscating almost $9 million worth of marijuana, heroin and hashish.

With help from border security, Alberta Law Enforcement Response Team (ALERT) confiscated 292 kilos of marijuana, 14.1 kilos of heroin and six kilos of hashish June 4 in Edmonton and at the airport.

After a five-month drug trafficking investigation, ALERT cracked down and arrested three Edmonton men at a storage facility, and confiscated 95 kilos of marijuana and six kilos of hashish.

Dustin Stone, 24, Samuel Hutsulak, 24, and Douglas Dach, 51, are facing numerous drug-related charges.

While scoping out the scene, ALERT noticed a tractor-trailer heading south and was able to notify Canada Border Services Agency about a potential shipment.

Thanks to the lead, CBSA intercepted the trailer and its two male drivers at its commercial facility at the Edmonton International Airport.

Nearly $9 million worth of drugs were confiscated last week. LEAH GERMAIN/METRO IN EDMONTON

LEAH GERMAIN/METRO IN EDMONTON

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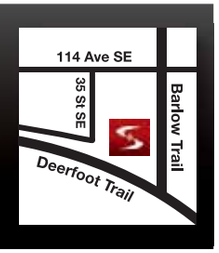

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Crime. DNA advances led to charges in historical sex assault and robbery

Forensic tech advances helped Calgary police collar a suspect in a nearly two-decade-old case.

On July 12, 1995, a man broke into a home while the family was asleep in the 1300 block of 69 Street SW, police said.

According to police, the man was wearing a mask and wielding a knife. He tied up the husband in a room and demanded money from the wife. When he did not get his demands, he proceeded to sexually assault the wife and their 15-year-old daughter, police said.

A suspect was identified at the time by an eyewitness account, however, no charges were laid.

"We didn't have enough evidence at the time, but with the DNA evidence that came forward, we were able to press charges," said Staff Sgt. Beverly Voros of the Calgary Police Service's Sex Crimes Unit.

Jack William Kramer, 51, of Whitecourt was charged with two counts of sexual assault with a weapon, one count of break and enter, four counts of forcible confinement, two counts of sexual assault with threats to cause bodily harm, three counts of robbery/home invasion, one count of masking his face during an offence and one count of possession of a weapon or imitation for a dangerous purpose.

Thanks to the break in the case, Kramer was arrested in Innisfail on June 10 following this investigation and another ongoing investigation that was being conducted by the RCMP.

According to investigators, the victims are happy that something is finally happening in this case.

"They are absolutely relieved that someone has finally been caught. It's been a long time in waiting. It's a very violent, traumatic event," said Voros.

KEN VAN DE WALLE/FOR METRO

Police scratch out alleged Calgary-based lotto scam

Staff Sgt. Kristie Verheul shows some of the letters and certificates used in an alleged lottery scam. KEN VAN DE WALLE/FOR METRO

Two charged. Cops say 'winning' letters were sent out asking for money up front before the winnings could be claimed

There are no winning numbers after Calgary police cracked an alleged city-based lottery scam that spread acro North America.

Two people were charged after an investigation found that people received letters in the mail stating they had won the lottery, but were required to deposit a sum of money into a specific account in order to receive the winnings.

The deposit was based on tax calculations.

"We found instances of sums of money deposited into several different fraudulent bank accounts," said Staff Sgt. Kristie Verheul of the Calgary Police Economic Crimes Unit.

Calgary Police have been unable to determine the extent of the scam, as many of the alleged victims are in the U.S.

On March 20, 2014, a home in the 0-100 block of Glamis Dr. SW was raided as part of another ongoing investigation. Two suspects were caught after a short foot pursuit. Investigators found credit card data, mail with counterfeit postage, mailing lists, computers and documents allegedly used to create fraudulent letters.

Canada Post was able to find more than 5,000 letters across Canada and the United States using the same counterfeit postage.

"At this time it appears to be random, but again that is part of our ongoing investigation," said Verheul.

Albert Egbe Onolunose is charged with five counts of possession of credit card data, and one count each of fraud over $5,000, counterfeiting stamps and using mail to defraud.

Abeba Girma is charged with one count of identity theft.

KEN VAN DE WALLE/FOR METRO

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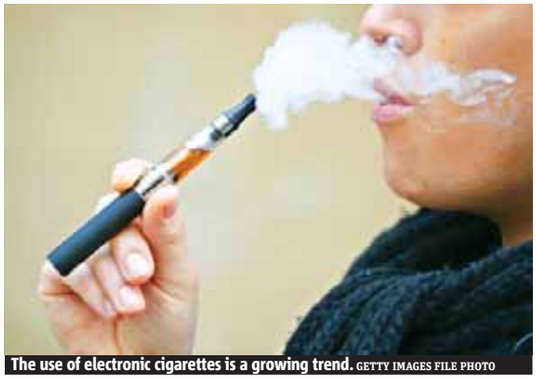

The use of electronic cigarettes is a growing trend. GETTY IMAGES FILE PHOTO

Catholic board bans electronic cigarettes

'Proactive measure.' Officials fear students could use them to ingest marijuana

JEREMY NOLAIS
Metro in Calgary

Calgary Catholic school officials have banned electronic cigarettes and similar products from their properties, a move being hailed by anti-tobacco advocates.

The amended regulations were approved earlier this spring and are in line with similar bans introduced by both of Edmonton's major school boards as well as those in other major centres.

Police in Alberta's capital, in particular, have expressed concerns that so-called e-cigarettes were being used by some students to ingest marijuana.

Sean Myers, spokesperson for the Calgary Catholic School District, said the regulation change was a "proactive measure."

"We saw what was going on in the community," he said. "We weren't responding to a specific incident or anything like that."

"We just thought this seems to be a growing trend out there and we wanted to make our tobacco regulations clear."

Smoking regular cigarettes and using tobacco vaporizing devices was already prohibited on district property.

Angeline Webb, senior public policy adviser with the Canadian Cancer Society of Alberta, said the appearance of e-cigarettes on school property has the potential to "undermine denormalization efforts" against tobacco use.

Public board

The Calgary Board of Education says it has no policy specifically concerning electronic cigarettes.

- All CBE properties and facilities are smoke-free.

One fatality

Man sentenced to 15 years after twin girls starved

A judge has sentenced an Edmonton man to 15 years in prison for neglecting and starving his young twin daughters to the point where one of them died in hospital.

The father had pleaded guilty to manslaughter and other charges, including aggravated assault and failing to provide the necessaries of life. The man, who cannot be named, is getting three years of credit for time already served.

Court heard that although the father didn't physically injure the two-year-old girls, he stood by and watched as they were beaten and deprived of food. His wife still faces charges, including second-degree murder.

THE CANADIAN PRESS

Incorrect information

Correction of June 10 article

In a June 10 article appearing on Page 9 titled, "Craftin' out on the open road," Metro included incorrect information about the company Bubblegum Belles.

In the story, the company was reported to be opening in a "few weeks," that it would be funded by a kick-starter campaign, and that tote bags, mugs, and scarves would be sold.

Bubblegum Belles hopes to open by March of 2015 and will be funded by an Indiegogo campaign.

It will include items such as jewelry, clothing, paper goods, ceramics and woodworks.

Metro regrets any confusion this may have caused. METRO

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Crew of strippers drugged men to run up credit cards: Cops

Undercover investigation. NYPD allege women devised scheme to take men for at least $200,000

A crew of New York City women who worked as strippers allegedly scammed wealthy men by spiking their drinks with illegal synthetic drugs, then driving them to strip clubs that ran up tens of thousands of dollars on their credit cards while they were too dazed to stop it, authorities said Wednesday.

None of the men were identified by name in court papers.

U.S. Drug Enforcement Administration and New York Police Department investigators arrested four women — all described as professional strippers — earlier this week on charges including grand larceny, assault and forgery.

One of the women was expected to appear in court in Manhattan on Wednesday following appearances Tuesday by the other three, including suspected ringleader Samantha Barbash.

Barbash's attorney, Stephen Murphy, said Wednesday that his client denies the charge, and declined further comment.

Samantha Barbash, centre, is escorted by law enforcement officers following her arrest in New York on June 9. DEA/THE ASSOCIATED PRESS

The men reported waking up in their cars or in hotel rooms with little or no memory of the encounters. Those who tried to dispute the strip club bills received texts from the strippers threatening to go public with their transgressions, authorities said.

THE ASSOCIATED PRESS

New York

Feds sue health-care firm that forced employees to say I love you

A U.S. federal agency says a health-care firm forced employees to join prayer circles, thank God for having jobs and say "I love you" to co-workers and managers.

The U.S. Equal Employment Opportunity Commission filed a discrimination lawsuit Wednesday against United Health Programs of America and its parent company, Cost Containment Group.

The agency says employees who objected were disciplined or terminated. It is asking a judge to stop the practices and ensure employees receive back pay and other compensation.

THE ASSOCIATED PRESS

New Jersey. Driver pleads not guilty in accident that injured Tracy Morgan

A truck driver pleaded not guilty Wednesday in the fatal New Jersey Turnpike crash that also injured comedian Tracy Morgan as investigators look into what role his long commute to work played in the accident.

Walmart driver Kevin Roper lived in Georgia, but his job was based in Delaware, National Transport Safety Board spokeswoman Kelly Nantel said.

A criminal complaint alleges Roper hadn't slept for more than 24 hours when he allegedly swerved to avoid slowed traffic and plowed into Morgan's limo on Saturday.

Walmart said it believes he was in compliance with federal safety regulations.

A conviction on a death by auto charge carries a five- to 10-year prison sentence. Each assault by auto charge is punishable by up to 18 months in prison.

Tracy Morgan THE ASSOCIATED PRESS FILE

Morgan suffered a broken femur, a broken nose and several broken ribs. His friend and fellow comedian James McNair was killed. THE ASSOCIATED PRESS

In this Dec. 25, 2011, file photo, prominent Egyptian blogger Alaa Abdel-Fattah, centre, hugs his son, Khaled, his mother, Laila Soueif, and his sister Ahdaf Soueif, left, after his release, in Cairo. AMR HAFEZ/THE ASSOCIATED PRESS FILE

Activist gets 15 years in prison

Egypt. Sentence comes in light of government crackdown on rights won in 2011 uprising

An Egyptian court on Wednesday convicted a prominent activist from the 2011 uprising of organizing an unauthorized protest and assaulting a policeman, sentencing him to 15 years in prison, in the latest blow to liberal activists at a time of rapidly eroding freedoms.

The sentence against Alaa Abdel-Fattah is the toughest against any of the secular activists behind the 18-day uprising that ended Hosni Mubarak's 29-year reign.

It is also the first conviction of a prominent activist since Abdel-Fattah el-Sissi took office as president on Sunday. In the 11 months since el-Sissi ousted the country's first freely elected president, the Muslim Brotherhood's Mohammed Morsi, authorities have launched a massive crackdown on Islamists, detaining at least 16,000. Secular activists opposed to what they see as the revival of the police state have also been detained.

Security officials said that while Abdel-Fattah was convicted and sentenced in absentia, he did turn up at the Cairo courtroom later on Wednesday. The absentia sentencing means that he now faces an automatic retrial. THE ASSOCIATED PRESS

Quoted

"This law ... will not move Egypt's democratic transition forward."

U.S. State Department spokeswoman Jen Psaki on Egypt's protest law

Oregon

Shooting victim was 'a good kid'

They stopped in fire lanes, on medians. The loved ones of the children at Reynolds High School in the Portland, Oregon, suburb of Troutdale knew that a student was shot to death.

Details spilled out in fits and starts on Tuesday. The shooting started in a gym. A 14-year-old boy named Emilio Hoffman was fatally shot in the boys' locker-room. Physical education teacher Todd Rispler also was in the gym and was grazed by a bullet.

Hoffman, who died, was the only teenage boy in his house, said Savannah Venegas, who dated him a year ago, "so (his mother) was very protective of him."

"He was such a good kid, a quiet kid," Venegas said. THE ASSOCIATED PRESS

South Korea. Police raid church in search of man with ties to ferry disaster

Thousands of South Korean police officers stormed a sprawling church compound Wednesday in their hunt for a fugitive billionaire businessman over April's ferry sinking that left more than 300 people dead or missing, officials said.

Authorities believe the businessman, Yoo Byung-eun, owns the ship and that his alleged corruption may have contributed to the sinking. Police have been after Yoo for weeks and are offering a $500,000 reward for tips about him.

Yoo, 73, is a member of a group called the Evangelical Baptist Church, which critics say is a cult.

About 5,000 police officers, some wearing helmets and armed with plastic shields, raided the group's compound in Anseong, just south of Seoul, officers said on condition of anonymity, citing department policy. Five church members were detained. THE ASSOCIATED PRESS

Police arrest an Evangelical Baptist Church believer in South Korea.
SHIN JUN-HEE/YONHAP/THE ASSOCIATED PRESS

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Danny

Slain Mountie's police dog will get a new partner

Danny, the RCMP police dog whose partner was killed in last week's shooting rampage, will eventually be teamed up with another handler.

The Mounties say once a new partner is chosen, Danny will spend time bonding with that officer before returning to the RCMP Police Dog Service Training Centre in Innisfail, Alta., for a three-week test.

The RCMP say they've received many inquiries from the media and members of the public about Danny's future following the death of Const. Dave Ross.

The RCMP say Danny and Ross were on the job together for less than a year before the shootings. THE CANADIAN PRESS

'Sacred' Lac-Mégantic statue returning to base after a year

Auto body shop owner Gilles Perron looks at the restored statue of the Sacred Heart, Wednesday in Lac-Mégantic, Que. The statue, usually sitting in front of the Ste-Agnes church, was damaged by the towering flames during last July's train derailment that killed 47 people. The statue will be replaced on its base in time for the first-year anniversary events. PAUL CHIASSON/THE CANADIAN PRESS

Family says milkshake sent their boy to ER

'Enough is enough.' Ottawa-area man wants to know what was in his son's beverage, but McDonald's won't share its internal findings

TREVOR GREENWAY
Metro in Ottawa

A Gatineau, Que., family wants to find out what was in their five-year-old son's McDonald's milkshake, which they allege made the boy's tongue burn, his stomach ache and may have led to him being unable to gain weight.

Jon Hansen says he has been fighting with McDonald's for almost a year to release a report that he says proves a compound was added to the chocolate shake.

Pierce Hansen, 6, and his parents Jon Hansen and Jennifer Cameron say a McDonald's milkshake Pierce drank last summer was contaminated. TREVOR GREENWAY/METRO IN OTTAWA

McDonald's Canada spokesperson Jason Patuano said the company launched an internal investigation and tested the affected milkshake through an independent lab. He said the results were inconclusive, but would not share the report with Metro.

The dispute started July 22 last year when Hansen and his family went to the drive-thru at a McDonald's to get french fries and milkshakes. The English-speaking family said they were ridiculed for not speaking French, and when they got their order, Hansen said the fries "had been stomped on" and his young son said his milkshake "tasted funny."

The family brought their child to hospital and was advised to call poison control. Hansen was told to monitor his son and to return to emergency if his condition worsened.

Hansen worries future complications may come up, and without knowing what was in the shake, doctors can't fully assess any possibe damage.

"Enough is enough. We want to know the truth — it's as simple as that," said Hansen. "The next time it happens, maybe a child dies."

Committee says NDP MPs owe $1.17M

The NDP is going to court to challenge the verdict of a secretive House of Commons committee, which found New Democrat MPs guilty of improperly spending $1.17 million in parliamentary resources on partisan mass mailings.

The multi-party Board of Internal Economy ordered NDP MPs on Wednesday to repay $36,000 to the Commons — presumably to cover the cost of envelopes used to send almost 2 million missives to households in 26 ridings, including four in the midst of byelections.

And it concluded the MPs owe another $1.13 million to Canada Post for allegedly improper use of their free parliamentary mailing privileges, known as franking.

"The board cannot compel members to repay these (franking) costs," Conservative whip and board spokesman John Duncan said late Wednesday.

"However, it is incumbent on these members to work with Canada Post to repay the $1.13 million."

But New Democrats dismissed the board as a "kangaroo court" and its verdict as the foregone conclusion of a partisan "witch hunt." They vowed to take the matter to a real court for a fair and impartial hearing. THE CANADIAN PRESS

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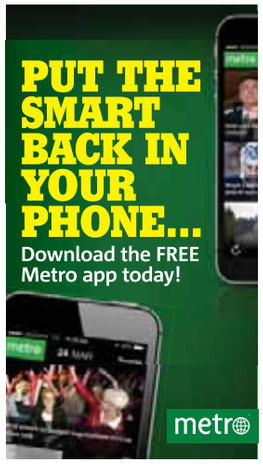

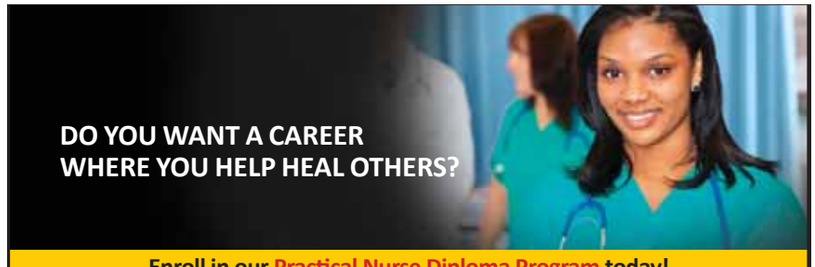

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TABLE IS SET FOR SOCCER FEAST

The wait is over. The day soccer fans have been anxiously waiting for is finally here. The 2014 FIFA World Cup kicks off today and to get you in the game, Metro has you covered with the latest from Brazil.

Paraplegic in exoskeleton gets first kick

The first kick at the World Cup opening ceremony will be made by a paraplegic wearing an Iron Man-like robotic bodysuit controlled by signals from the brain.

Brazilian doctor Miguel Nicolelis led a team of 156 scientists from around the world to create the futuristic exoskeleton, which was designed to enable paralysis victims to walk.

At the World Cup opening ceremony Thursday in Sao Paulo, a paraplegic whose identity has been kept secret will leave behind his or her wheelchair to take to the pitch in the suit and give the tournament's first kick.

Electronic circuits in the device's "feet" will send a return signal to the user via an artificial skin worn on the arm, conveying the sensation of movement and contact.

"Doing a demonstration in a stadium is something very much outside our routine in robotics. It's never been done before," said Nicolelis, a neuroscientist at Duke University.

His voice contains a mix of exhaustion and excitement, the result of 30 years' work, more than 200 scientific papers and countless clinical tests that are nearing a spectacular summit.

Scientists at work at Miguel Nicolelis' lab in Sao Paulo. BIGBONSAI+LENTEVIVAFILMES /AFP

Nicolelis said the idea for the suit came to him in 2002, when scientists were just beginning to explore robotic exoskeletons. "In 2009, after we learned Brazil was hosting the World Cup, they asked me for ideas to show Brazil in a different way than the world usually sees it. That's when I suggested doing a scientific demonstration to teach people that Brazil is investing and has human potential to do things beyond football," he said. AFP

Controversy

Scientist dismisses criticism

Some scientists have criticized Miguel Nicolelis for ditching academic publications in favour of mass media — he posts research updates on Facebook — and the anonymity of the lab for the spotlight of the World Cup stage.

Critics have also questioned the practicality of his research and accused him of hogging an unfair share of the Brazilian government's research budget.

Nicolelis rejects that criticism. "The funding is the same with or without the World Cup. We've received $14 million from the Brazilian government over the last two years. That's approximately four or five times less than what the United States government invests in a mechanical arm," he said.

"I don't see anything wrong with demonstrating a technology for the whole world that has a humanitarian objective," he added. AFP

Belgian fans' cup runneth over with World Cup hopes

Soccer fans from Belgium pose for a photo with a replica of the World Cup trophy on Copacabana beach in Rio de Janeiro, Brazil, Wednesday. The World Cup soccer tournament starts today. SILVIA IZQUIERDO/THE ASSOCIATED PRESS

FIFA taking fans behind the scenes via Instagram

World Cup organizers have arrived on the photo-sharing platform just ahead of the opening match. The FIFAWorldCup Instagram account promises to show fans exclusive images from behind the scenes at the 12 Brazilian host stadiums.

The new Instagram account is just one way fans can follow the progress of the world's largest soccer competition online. There is also FIFA.com, which will be updated in real time with the latest scores and news from the event.

Twitter users are encouraged to tweet messages and photos on their experience with the hashtags #myworldcup or #CM2014. And soccer buffs can also click like on the official World Cup Facebook page. AFP

Neymar, Rooney and Ronaldo get Nike-designed 3D duffle bags

Nike has designed its first 3D-printed sports bag as the World Cup gets ready for kick-off in Brazil Thursday.

Only three of the limited-edition "Nike Football Rebento" duffle bags have been manufactured, designed to be used during the tournament by star players Neymar Jr., Wayne Rooney and Cristiano Ronaldo.

Nike Football Rebento duffle bag. COURTESY NIKE FOOTBALL

A 3D-printed leather base provides the structure for the piece, which extends into a laser-sintered nylon "flex" webbing.

The upper section of the bag fits into the base without the need for glue or adhesive.

The bag was designed with matching shin guards created using 3D-printing techniques for maximum impact protection.

The Mercurial FlyLite Guard uses a webbed shock system instead of the traditional foam to keep the design lightweight.

It will be available to purchase from nike.com from July 1. AFP

Apple gets touch of Soccer Fever at its app store

Just in time for the opening ceremony of the 2014 FIFA World Cup, Apple has curated a set of apps, books and more focusing on the beautiful game and on Brazil itself.

Called Football Fever in every country in the world other than the U.S., where it's been called Soccer Fever instead, the section should not only simplify app discovery but help iPhone- and iPad-owning football fans download titles with confidence as they're all from official partners, blue-chip developers or FIFA itself.

In all there are 20 apps and 14 football-themed games, but the new section also includes the best of football music, the best-selling football books, plus football films and documentaries. AFP

Fans bitter over new sweetener

Vitaminwater. Devotees want the mix of sugar and crystalline fructose back

Fans of Vitaminwater are demanding that parent company Coca-Cola drop a new formula that uses stevia, a low-calorie sweetener known for its metallic aftertaste.

Coca-Cola Co. changed the formula for its full-calorie Vitaminwater in May, and the new bottles have been hitting shelves nationwide ever since.

Previously, the drinks were sweetened with a mix of crystalline fructose and sugar. Now they are sweetened with a mix of sugar and stevia, a natural sweetener companies use to reduce the sugar content in drinks. The new Vitaminwater still has the same 120 calories per bottle, however.

The change has prompted fans of the drink to inundate Vitaminwater's Facebook page with complaints about the taste, and demands that the company bring back the old formula.

A spokeswoman for Coca-Cola, Danielle Dubois, said the company loves hearing from its consumers and has been listening to the feedback via social media and its call line.

When asked why Coca-Cola made the change, Dubois said the company is "always innovating and evolving our products and packaging."

The company, based in Atlanta, already used stevia in Vitaminwater Zero, a diet version of the drink that has no calories.

THE ASSOCIATED PRESS

Vitaminwater fans are not sweet on the new Stevia formula. GETTY IMAGES

Ketchup to cars

Ford, Heinz aim to spin tomato skins into auto parts

Ford Motor Co. and the H.J. Heinz Co., the ketchup maker, are teaming up on research to turn tomato skins into auto parts.

A press release said both companies believe they can use tomato fibres to manufacture composite materials used for wiring brackets or storage bins in cars instead of petroleum-based plastics.

THE ASSOCIATED PRESS

Antitrust commissioner

EU looks into Apple, Starbucks and Fiat tax deals

The European Union's antitrust regulator said Wednesday it is launching an investigation into tax deals that Apple, Starbucks and Fiat struck with several European countries to see whether they violate competition law.

EU's antitrust commissioner said it appears the arrangements are not proper, though the companies and countries involved — Ireland, the Netherlands and Luxembourg — must be given a chance to respond.

THE ASSOCIATED PRESS

Market Minute

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Lululemon. More bad karma for founder

Shareholders of Lululemon Athletica Inc. have re-elected two directors that the company's founder and largest shareholder Chip Wilson voted against in an apparent boardroom backlash, the latest controversy to come to light at the struggling yoga wear retailer.

Hours before the vote on Wednesday, Wilson, a director who owns 27 per cent of the company's shares, announced he voted against chairman Michael Casey, who had just replaced him in that role months earlier, and director RoAnn Costin, a private equity executive.

Wilson said he felt change was needed at the board level to boost the company's lagging share price.

"While I am excited about the new management team that I helped put in place, I am concerned that the board is not aligned with the core values of product and innovation on which Lululemon was founded and on which the company thrived," Wilson stated.

He said there is a "palpable imbalance in board representation, which is heavily weighted towards short-term results at the expense of product, culture and brand and longer-term corporate goals."

The outspoken and often controversial Wilson said his vote against the two directors sends a signal to the financial community that Lululemon must address the board member issue if the company is to recover.

Casey, Costin and Lululemon's new chief executive Laurent Potdevin were up for re-election this year. Lululemon has a staggered board concept, which means only some of the 12 board members are elected each year, instead of everyone at once.

THE CANADIAN PRESS

Legal mash-up over whiskey still sour

To many, Tennessee means whiskey. But inside the state, the question is: What does Tennessee whiskey mean? A battle between two worldwide liquor companies — owners of rival brands Jack Daniel's and smaller rival George Dickel — is being waged over who has the right to label their drink as following authentic Tennessee style. It's among the epicurean battles being waged around the world over what food and drink should carry special status as local and unique. London-based liquor conglomerate Diageo PLC opened a heated legislative fight earlier this year seeking to overturn the state's newly established legal definition for Tennessee whiskey that has been championed by Jack Daniel's, which is owned by Louisville, Kentucky-based Brown-Forman Corp. Among the new rules are requirements that whiskey must be aged in new, charred oak barrels in Tennessee and filtered through maple charcoal prior to aging. Dickel's owners say they conform with the traditional methods laid out in the state law, but they have cited several reasons for challenging the statute. They include that a potential shortage of new American oak barrels could threaten production and that future products made by Dickel and the growing number of craft distillers in the state shouldn't be bound by law to follow the old ways.

Some advocates feared a successful challenge by Dickel of the storage statute could give way to a legal challenge of the overall Tennessee whiskey law. On Tuesday in a separate but related case, the Diageo subsidiary George Dickel came out on top when state attorneys in Nashville abruptly dropped a complaint that Dickel had violated a state statute prohibiting the aging of Tennessee-made whiskey outside its boundaries. Dickel had challenged the statute in federal court, claiming it violated laws on free interstate commerce.

THE ASSOCIATED PRESS

Employees fold clothes at a clothing store on in San Francisco. JUSTIN SULLIVAN/GETTY IMAGES

San Franciscans to vote on $15 minimum wage

November. California city will vote on whether to hike the minimum wage from the current $10.74 US to $15 in 2018

San Francisco voters will decide in November whether to raise the city's minimum wage to $15 US an hour in 2018.

The mayor, city supervisors and business and labour leaders announced on Tuesday that they had reached a deal on a ballot measure for the increase.

"I can't tell you how happy I am. San Francisco is yet again setting the bar on workers' rights," said Supervisor Jane Kim, who helped broker the deal. "All San Francisco employers will be paying $15 an hour by 2018. There will be no tip credit, no health care credit. These are pure wages workers will be bringing home to their families."

Labour activists who were pursuing their own $15 minimum wage ballot measure will now drop their effort, the San Francisco Chronicle reported. They wanted the increase to take effect one year earlier, in 2017.

THE ASSOCIATED PRESS

Berlin

Google invests $1.4M in 'Factory' for tech startups

Internet entrepreneurs have received a new home in the German capital with the opening of the 'Factory' — a workspace developed in partnership with Google Inc. that allows startups to innovate and collaborate under one roof.

Factory founder Simon Schaefer said Wednesday's opening of the 172,224-sq.-foot building was helped with a $1.4 million US investment from Google.

He said new businesses will benefit "from the internationalism of our partners and will get attention from investors and potential customers from around the world."

Google's Executive Chairman Eric Schmidt was on hand for the opening of the workspace, in a former brewery, which is designed for some 500 people.

THE ASSOCIATED PRESS

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GREAT GIFTS FOR THE SATISFACTORY DAD

HE SAYS

John Mazerolle
metronews.ca

It's time for Father's Day, that magical time when necktie-company execs celebrate their big annual windfall.

Big Neckwear invented the holiday as a means of selling men's accessories, and they're the only ones who benefit. Everyone else just gets enough ties to start a new soccer league.

When I was a kid, "picking out a gift" on Father's Day meant choosing a necktie shade or, if I was really throwing caution to the wind, a pattern.

This seems especially ridiculous now, because my dad's not really a tie guy. When I was growing up, his tastes were more in the range of his black T-shirt with silver lettering that said "Disco Dad." Maybe the repeating-saxophone-pattern tie I picked out one year would have worked, but I never saw them worn together.

And so today I hope to make up for my disappointing childhood by offering this special gift guide for dads of any taste and inclination. (My dad's inclination, incidentally, is usually about 30 degrees, sleeping with his head on the armrest of the couch.)

Dad's Day Gift Guide:
Just wait until your father gets home

* For a new twist on an old classic, your dad will love a **"Satisfactory Father" mug**. Your father values honesty and integrity, and that "World's Best Dad" mug lacks credibility.

* Remember that gender-specific gifts are now passé, even offensive. Your father can be whatever he wants to be, so why not favour him with that **negligee** you've been eyeing and watch a Father's Day reaction you'll never forget?

* If your dad is more conservative than that, you could always **buy his vote**. A cool $100 ought to do it, and then that Animal Alliance Environment Voters Party of Canada candidate in your riding will be one vote closer to victory.

* Two words: **Barbecue apron**. Your father will be so ecstatic you didn't get him a tie that he'll barely notice this is the second most clichéd gift possible, and maybe the only gift even easier to find than a tie.

* Want to get something more personal? Consider a **handmade spare drawer**. Filled with blank tax and medical forms, rubber bands, nails, obsolete computer cables, and keys to locks that might no longer exist, the spare drawer is something every father needs to not need.

Hope that helps! Pick up one of these gifts today or you'll be forced to sprint to the mall for a last-minute gift. Tie goes to the runner.

ZOOM

It's pandamonium!

At the beach under Tsing Ma Bridge in Hong Kong, 1,600 pandas made from recycled paper are put on display in an effort to encourage people to protect endangered animals. The work has already been shown in other cities including Berlin, Paris and Taipei. ALL PHOTOS GETTY IMAGES

Playful art, serious theme

"Environmental conservation is a serious theme, but we express it in an entertaining way. We choose pandas, which are loved by people worldwide, to start with, and later, we can do more to protect other species."

French artist Paulo Grangeon

By the numbers

1,600

Number of papier-mâché pandas on display in Hong Kong — but more significantly, this is the number of giant pandas still alive in the wild, according to the WWF.

Why so few of these cuties?

- **Sex.** Females are only in heat 1 to 3 days a year.
- **Size.** A newborn is 1/900th the size of the mother, making it very weak.
- **Maturity.** A female panda does not reach full sexual maturity until she is 7.5.
- **Shrinking habitat.** The species is now restricted to 20-odd isolated patches of forest mountains in China.

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 16 in Scene and page 36 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

metro AR

MetroTube

Rumble with the bumble

ANDREW FIFIELD
andrew.fifield@metronews.ca

There are a couple of nice takeaways in this little homespun video of a bumblebee coming to the aid of a hivemate snared by a spider.

One: Bumblebees may look like the Sea Kings of the insect world, but goodness, they're remarkably swift and agile when they take flight. Two: Look at this beautiful technique! Shot in landscape, artfully framed by the windowsill. And narrated by what could be a young David Attenborough. Applause, sir. (Via Functional Electric/YouTube)

THE CANADIAN PRESS FILE

metro

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SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 18

One year after washout, Sled Island is still staying afloat

'Nobody rains on our parade.' Music and arts festival to feature more than 200 artists, including St. Vincent

BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca

The Sled Island Music & Arts Festival seemed to be on track for its most successful year ever as the first day of its 2013 edition came to a close.

Then the rivers started to rise.

As the rain continued to fall and the Bow and the Elbow broke their banks, power to many festival venues was shut off and a large swath of downtown was evacuated.

It soon became apparent Calgary was in the middle of a major natural disaster, and the entire thing was called off.

"Immediately after cancelling we were just trying to make sure everyone was safe," recalls Sled Island's general manager, Shawn Petsche.

"Then we wanted to make sure we treated everyone who invested in the festival fairly. But there were probably two months of wrap-up work before we even knew what we were facing."

Check it out

The Sled Island Music & Arts Festival runs June 18 to June 22. Go to sledsisland.com to purchase tickets and passes, and for schedule and artist information.

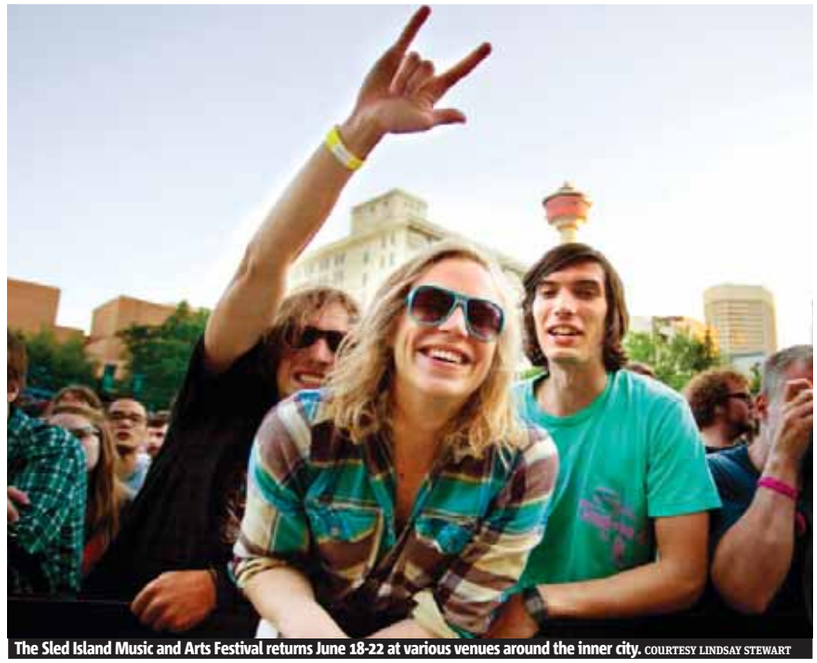
The washout could have spelled the end of the annual inner-city music and arts festival as organizers were looking at a $250,000 loss. But thanks to 70 per cent of last year's pass holders donating their refunds and the ongoing support of community partners, Sled is back for another go-round.

"It was amazing," says a visibly grateful Petsche, during an interview at a Mission coffee house not far from Sled Island's 4th Street S.W. headquarters.

"People were really understanding."

With its defiant tagline, 'Nobody rains on our parade,' the Sled Island Festival kicks off Wednesday, once again taking over clubs, bars and theatres around downtown and the Beltline with the sounds of more than 200 artists, including current indie queen St. Vincent, east coast fave Joel Plaskett Emergency, rock veteran Bob Mould and Atlanta hip-hop legend Killer Mike.

As well, Olympic Plaza is hosting two outdoor shows featuring headliners Neko Case (June 20), American punks Rocket From the Crypt and British space-rock group Spiritualized (June 21.)



The Sled Island Music and Arts Festival returns June 18-22 at various venues around the inner city. COURTESY LINDSAY STEWART

"We take pride in putting on a festival with artists you're not usually going to see at every other festival in the same year," explains Petsche, who has been with Sled Island since its inception in 2007.

"We've got a really good mix of up-and-coming artists who are really interesting … and then people like St. Vincent who is just exploding right now. We really try to tailor the festival to what people in Calgary will be interested in and what will be a good live show."

Guest curator Kathleen Hanna (The Julie Ruin, Le Tigre, Bikini Kill) had to cancel her appearances at the festival due to complications from Lyme disease. Her ongoing battle with the illness is documented in The Punker, which will still screen on June 20 at the Globe Cinema as part of Sled's film component.

Notice of Annual General Meeting
Thursday June 26, 2014 7:00 pm
North Social Hall, Hillhurst Sunnyside Community Association
1320 5th Ave NW, Calgary

The Calgary Mountain View Progressive Conservative Constituency Association including the communities of Briar Hill, Bridgeland, Crescent Heights, Hillhurst, Parkdale, Point McKay, Regal Terrace, Renfrew, Rosedale, St. Andrew Heights, Sunnyside, and West Hillhurst.

A meeting will be held on Thursday June 26, 2014 at 7:00 at the North Social Hall, Hillhurst Sunnyside Community Association, 1320 5th Ave NW, Calgary for the purpose of electing a Board of Directors, business arising from the AGM and approving the Constitution. A 2014 Progressive Conservative Association of Alberta membership is required to be able to vote and you must reside within the boundaries of the constituency. Memberships are available for sale at the PCAA website www.pcalberta.org.. New members are welcome. Members must show proof of age and primary residence within the boundaries of the Constituency to be eligible to vote. For further information or if you wish to become a member of the board, please contact:

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F— tha Police? Nah, turns out Ice Cube's cool with playing captain

22 Jump Street. The star knows people have low expectations of sequels, but swears this movie's 'as fun as the first one'

NED EHRBAR
Metro World News in Hollywood

Ice Cube, who played the patience-tested captain in charge of Channing Tatum and Jonah Hill in 21 Jump Street, is back and grumpier than ever in 22 Jump Street, a sequel well aware of itself. The former N.W.A rapper fills us in on the new film and the awkward legacy of F— tha Police.

What did you think when you saw how much more you'd be doing in this one compared to the first one?
I liked it, you know? I think people love Capt. Dickson. He talks as much s— as possible, and everybody's with it. It was cool just to get the tone right and to do a movie that people dig that's fun — as fun as the first one. People respond to it. I think our greatest asset is low expectations.

I would think after the success of the first one, expectations would be pretty high.
Yeah, but people in the back of their minds don't think we could get the sequel as good as the first one. It's not easy to include the audience without taking them out of the story, but [directors Phil Lord and Chris Miller] do a great job of letting people know that we're making a cheesecake out of a cheesy idea.

Are you taking any lessons here as you go into planning a sequel for Ride Along?
Yeah, you know, I'm a vet at doing sequels, but they're hit-and-miss. I think the real page you need to take away from it is to make sure you do a new movie that can stand on its own two feet and not a movie that's borrowing off the first movie, because that's when you get lazy and you run into trouble.

Scan the photo with your Metro News app for a clip of Ice Cube in 22 Jump Street

Ice Cube says Hollywood is "obsessed with the lives of law enforcement and military." CONTRIBUTED

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Some people took the success of Ride Along as a surprise. How did you feel about that?
You know, that's cool. I love to be underestimated. It gives me a leg up to get underestimated.

And to surpass expectations, it's all glory. So I don't mind it. People have been putting me short my whole life.

I always go above and beyond to make it happen.

How often do people ask about the irony of you playing a cop, since you got your start with F— tha Police? And how tired are you of getting that question?
They actually happen every interview, and I'm not tired of it. If you really know what I'm talking about in the music, you know I'm talking about dirty cops, I'm talking about corrupt cops, I'm talking about cops who abuse their authority.

I'm not talking about the cops that come and save your grandmother when she's getting mugged. So to think I hate all cops is crazy. And I'm in Hollywood.

They're obsessed with the lives of law enforcement and military, so if I'm doing movies — especially over 20 years — it's more than likely I'm going to end up playing something like that. It's make believe, anyway.

Danny Pudi and Donald Glover on Community. CONTRIBUTED

Six seasons and a movie? Harmon says probably not

The creator of the NBC comedy Community isn't holding out much hope that the cancelled sitcom will be getting a rebirth.

Series creator Dan Harmon addressed rumours about it possibly being brought back for a sixth season during a session at the Banff World Media Festival on Wednesday.

"I thought they were just phantoms but I was subsequently given information that there was something to those rumours," Harmon confirmed.

Sony, the primary producer of Community, is reported to be shopping the show to other networks and online distribution outlets, with possible new homes for the show including Hulu and Comedy Central.

"It seems so impossible to pull off," says Harmon. "So many deals would have to be made that aren't currently made." THE CANADIAN PRESS

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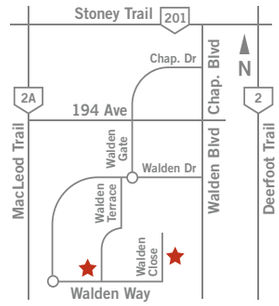

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Ben Affleck ALL PHOTOS GETTY IMAGES

Is Ben Affleck taking a gamble on his marriage?

Ben Affleck's casino habit is apparently driving an even bigger wedge between him and wife Jennifer Garner, who reportedly scuttled plans to spend the summer in Michigan with Affleck while he films Batman vs. Superman: Dawn of Justice, according to Star magazine.

"Jen cancelled her trip. She just doesn't want to be Ben's enabler or babysitter," a source says. "She's completely distraught over Ben's problems. It's a never-ending roller coaster."

And that roller coaster has apparently been continuing at casinos in Detroit and across the border in Ontario, where Affleck has been spotted looking dishevelled and distraught, betting $5,000 at a time at the tables.

"Ben has a compulsive personality," another source adds. "Once he starts gambling, he can't stop and he stays up all night, betting thousands, then sleeps all day, which infuriates Jen. Jen needs to ask for help from someone — and soon."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lea's potential new beau may have a steamy alter ego

MELINDA TAUB
Metro World News

Matthew Paetz, Lea Michele's rumoured new boyfriend, is very handsome. So handsome that he may have turned pro.

Sources say Paetz and Michele are dating, but they haven't exactly been spotted snuggling on the red carpet. One possible reason they're keeping the relationship quiet: Paetz used to be a male escort named Christian, according to TMZ.

TMZ has screenshots of "Christian's" profile on Cowboys4Angels, an escort service that provides male companionship to ladies. According to his profile, Christian is a certified life coach, dating specialist and massage therapist. His companionship was available for $350 per hour, $6,000 for a weekend, or $17,500 for the whole week.

That's not to say Lea Michele is a client — she reportedly met Paetz on the set of her music video. Sources say he hasn't been taking on clients since April.

Look. I feel bad even writing about this. When a celebrity is maybe dating a prostitute, one obviously must write it up, but 1) Michele hasn't confirmed that she's dating Paetz; 2) We don't know for sure that Paetz and Christian are one and the same (though the resemblance is striking); and 3) Who cares? Everyone's had an embarrassing job or two. I once got fired from a pirate-themed nightclub. Lea Michele, your boyfriend is fine.

Twitter

@RuPaul
Quick Reminder: Breathe, laugh, repeat

@KevinHart4real
Just touched down in ATL....I slept with my mouth open for the entire flight...I have developed a smell in my mouth that should be banned

@ConanOBrien
Reality Check: I was around in 1973 and saw absolutely no signs of X-Men from the future.

Anna Kendrick

Anna Kendrick admits that her dating game isn't top-notch

It's hard out there for Anna Kendrick. The Pitch Perfect star, who split from director Edgar Wright last year, says that she hasn't been hit on since she made Up in the Air five years ago. "Honest to God," she insists to Elle magazine.

Kendrick has kept a fairly low profile, dating-wise, since her breakup. "When I was a teenager, I was an ultra-late bloomer, and my mom would say it was a blessing because it means you never have to wonder if guys are only interested in you because you've got boobs," she tells the magazine. "I would have been thrilled if guys were interested in me because of my boobs!"

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Finding foundation in fashion

Shenae's all that.
Canadian actress, blogger and personality Shenae Grimes talks foot phobias, makeup-after-marriage and her beauty brand collaboration

ELIZABETH BEDDALL
elizabeth.beddall
@metronews.ca

In addition to being the new face of Annabelle Cosmetics, Grimes just announced that she and her husband are launching an accessories and clothing brand as an extension of their lifestyle blog twohalvesblog.com PROVIDED

Perhaps you know her best from Degrassi: The Next Generation, or from playing the role of Annie in the reboot of 90210, but Shanae Grimes has become a force to be reckoned with in the fashion industry of late. She recently chatted with Metro about her move onto the style scene, most recently highlighted by her signing on as the brand ambassador of Annabelle Cosmetics.

I'm sure you've been approached to team with other product lines in the past. So why does Annabelle feel like the right fit for you?
First and foremost, they're Canadian. It's always nice to have an excuse to get back to my roots. I think what they've done for the industry in Canada is very impressive. And as for the brand's esthetic — it's definitely the most 'me,' which I guess is why they were excited about me and I'm equally excited about them.

What's one word that describes both Annabelle Cosmetics and Shanae Grimes?
I think edgy. My style has always been sort of rock 'n' roll glam and I can't think of a better way to describe the brand as well.

You've been in the public eye for a while now. If you were to scold your former self for one beauty choice you've made, what would it be it for?
Using self-tanners. It's scary. I mean living in L.A. they have airbrush tan artists that mix the colours and do an incredible job. As far as self-tanner out of a bottle — or the kind of spray tan that Ross gets in Friends — we've all had those horrible experiences. I would avoid that.

It's ironic that you've been paired with a cosmetics brand when People Magazine named you one of the most beautiful people without makeup in 2009. So what can Annabelle do for someone who doesn't even need to use cosmetics?
For me it's always my eyes. My husband always says, which he should, that he prefers me without makeup. My eyes are what I always play up. I feel if I wear really heavy skin product, it just makes my skin worse. I always play up the drama in the eye area and reshape them to make my features look better.

Peeper priority

"My eyes are what I always play up. I feel if I wear really heavy skin product, it just makes my skin worse. I always play up the drama in the eye area and reshape them to make my features look better."
Shenae Grimes

Speaking of your hubby, do you feel your beauty routine has changed in any way since settling down with a partner?
Not really. I mean, if I'm running to the grocery store I don't feel pressure to be Kardashian-perfect all the time because he is all for that natural look. It's just given me a little bit more confidence.

You've partnered with a cosmetics brand — but is there a clothing line you would kill to be paired up with?
As far as an existing clothing brand — I'm a shoe fiend so I love Sam Edelman and Steve Madden.

You've interned at Teen Vogue and stated that being a fashion editor would be one of your dream jobs, so if you were the editor of Metro's style section, what would you write about next week?
I'd focus on awesome summer footwear that would be an alternative to the flip-flop. I have a weird phobia: I don't like seeing peoples' feet, and I hate flip-flops and they come back every summer. I'd love to do cute summer shoes and boots that you could wear with your jean shorts and tank tops that avoid the sandal area entirely.

What's your favourite Annabelle product?

"The EyeInk Liquid Eyeliner is my everyday product – the black – it gives the perfect cat eye."

- "The cat eye is something that will never be not on trend but I think that's something that's particularly booming right now."
- EyeInk Liquid Eyeliner, $9.95, annabelle.ca

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Moonhouse project. Artist crowdfunds to get his dream home off the ground

The Moonhouse SARA MEDINA LIND

A traditional Swedish cottage could be the first house on the moon, set to land as early as October 2015.

Swedish artist Mikael Genberg has been working on the Moonhouse project for over 10 years and has now turned to crowdfunding to make his dreams a reality.

If all goes according to plan, the red house with white gables will be sent into the universe by U.S. aerospace technology company Astrobotic on the back of a spacecraft in October next year.

Measuring three metres by two metres at the base, the house will have a roof height of 2.5 metres, allowing an adult to stand up inside. Once deployed on the moon, the cottage will unfold by itself to form a typical Swedish abode.

"Putting a house on the moon should be impossible, but through crowdfunding, through the Internet, through being enough individuals going together proving this, that means that we can do anything," says Genberg.

The Moonhouse project has received funding from partners from the private sector, but around $15 million is required to transport the cottage the 384,000 kilometres from Earth to the moon.

Each $1 pledged to the project will take The Moonhouse about 25 metres closer to its destination.

"The Moonhouse will enable people to make history and a mark on the international scene since the Moonhouse will be the first payload funded by private individuals to land on the moon," says John Thornton, CEO of Astrobotic. AFP

Long-distance relo

384 km

The Moonhouse project has received funding from partners from the private sector, but around $15 million is required to transport the cottage the 384,000 km from the Earth to its destination.

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Each $1 pledged to the project will take The Moonhouse about 25 metres closer to its destination.

Custom considerations

You can sometimes get what you want. Furniture store allows the customer to play designer

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Stylish home dwellers want their homes to have a personalized, designer-touch look. Words like eclectic, curated and customized are all buzz words written in the home decor magazines, but how easy is it to get these perfectly thrown together looks? Many Canadian home furnishings stores are offering custom options on their best-selling pieces of furniture. This ensures you can have a one-of-a-kind piece that your neighbour won't also have.

Here are a few things to consider when customizing your upholstered furniture that will help your purchases look like you had a designer by your side:

Fabrics

The larger the piece of furniture, the larger the fabric's print can be. Larger pieces can also hold a darker or more dramatic fabric colour due to their proportions. If choosing a solid fabric, then make sure it has some texture to add interest.

I know a guy
whose sister has an ex-boyfriend…

Cut to the chase on page 25.

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Furniture style

Rounded arms will imply a more formal/traditional look while square edges look more masculine, streamlined or modern.

Comfort and size

When sitting on a sofa, the edge of the seat cushion should comfortably meet the inside of the knee. A deeper cushion will give you a lounge style suited for watching television while anything less creates a formal style of sofa seating.

Wood trims/legs

Take the shape of the leg from the shape of the sofa's arm. If a rounded arm has a rounded leg and vice versa.

The stain colour of a wood leg should match the room's larger wooden furnishings or be a shade darker than the wood flooring.

A few months ago, I decided to purchase a single reading chair for the corner of my den. I saw a style I liked, but knew I wanted something more colourful. Upon inquiring at my local Urban Barn store, I found out that a large selection of fabrics, leg styles and seating comfort options were available to help customize many of the standard upholstery furniture pieces they sell.

I went from a chair style I liked to a custom chair I loved, and all I had to do was ask if those options were available!

Groove Chair, $930 (standard), a great standard design was lacking the pizzazz I had hoped for.

Custom Groove Chair with upgraded fabric choice, new leg style option, contrast piping detail, down-wrapped seat upgraded cushion, $1,300. UrbanBarn.com PHOTOS CONTRIBUTED

Seat-smart decorating will keep your guests sitting pretty

No more playing musical chairs.
Entertain the grown-up way with tips that will turn your place into an ideal party space

Creating a home that can easily be converted from serving the needs of daily life to a venue for entertaining guests is something homeowners might want to consider when they are planning their spaces and purchasing furniture.

Side tables

According to Angela Robinson, a Vancouver interior designer, most Canadians are casual entertainers, which means their guests might find themselves eating appetizers in a living room rather than sitting down to a formal dinner in a dining room, so seating and tables, including coffee and side tables, are important pieces.

"If you are sitting in a living room having a drink and some food, there is often not enough seating and surface space for people to feel comfortable putting drinks or plates down, and space for a homeowner to put plates of appetizers down," she says. "You really don't want them to put glasses and dishes on the floor beside them."

Extra seating

Storage for extra seating is not an option for many homeowners, but Robinson says there are functional and stylish alternatives to having stacks of folding chairs tucked into a closet.

"It is wise to consider choosing chairs for the rest of your house that co-ordinate with your dining area," she says. "For example maybe a homeowner does a patterned upholstered desk chair or a chair at your kitchen phone desk and as long as they all co-ordinate with your dining room you could pull them in when entertaining."

Hide the mess

Robinson says one of the major problems her clients have when it comes to creating spaces conducive to entertaining is how to approach a home with an open concept.

"A homeowner will be prepping the meal and getting ready for the evening in the kitchen, and quite often are entertaining right beside the kitchen in the adjoining dining room or living room," she says. "I know that having their mess exposed to their guests is a concern for some homeowners."

Creating partitions or barriers with sculptural pitchers or vases and flower arrangements is one easy way homeowners can block guests from what's going on in the kitchen.

Movable pieces

A benefit of an open-concept home is the ability to transform the various spaces to suit the needs of a party. Ellie Chapple, manager and senior designer at Rook and Rose in Victoria, says having pieces that can be moved to create intimate spaces for casual dining or to make way for a large table for formal dining makes entertaining easier.

Set the mood

Chapple also applies the same concept to the accessories that set the mood for the perfect event.

"A big trend we've seen in the past year is the rustic look," she says. "People are using everything from ceramic pitchers and mason jars to wood rounds and cuts, and loose marble cuts."

Small details lead the way

Nothing is worse than when you create the perfect mood in the space you want to entertain in, and your guests congregate in the kitchen for the evening instead. Chapple says paying attention to the small details can help draw people to other areas of the house.

- "Little finishing touches go a long way in terms of decorating your home for an event," she says.
- "Making sure that you are putting those extra touches, whether it is flowers, candles or a string of lights outside, to help pull your guests to the areas you want them to gravitate towards."

...who knows a guy
whose friend has a teammate...

Cut to the chase on page 25.

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Choosing chairs that coordinate with your dining room set helps to create a home that can easily be converted from serving the needs of daily life to a venue for entertaining guests.
ALL PHOTOS JANIS NICOLAY/HANDOUT/THE CANADIAN PRES

Now is the time to go bust

A bust of Ariadne cast from plaster and hand-rubbed to give it an aged look as an elegant objet d'art from the neoclassical era.

Every plinth a classic statement

A carved oak plinth that makes a statement, and can be used to hold artwork, plants or as a side table.

Draw the line at design

Italian illustrations of the varieties of Greco-Roman capital designs make attractive, classic wall art.

ALL PHOTOS RESTORATION HARDWARE/THE ASSOCIATED PRESS

The elements of neoclassical style

Greco-Roman hold. Architectural fragments and etchings, plaster busts and more are enjoying a moment

If you're a fan of traditional decor, you probably appreciate the elegant lines and rich history of neoclassical style.

Interest in classical style really took off in the second half of the 18th century, when Scottish architect Robert Adam began using its elements in fancy homes, says London designer Adrienne Chin. Adam recast urns, sphinxes and vine leaves as decorative elements in mirrors and mouldings.

"Adam's style owed much to the archeological discoveries of Greco-Roman domestic architecture at Pompeii and Herculaneum," says Chinn.

Time and taste

The historical discoveries also inspired the development of neoclassical furniture, which replaced the fussy rococo style with more linear, geometric silhouettes.

Today, Greco-Roman classicism is the basis of many interior decor styles — Louis XV, Regency, Federal and Georgian among them, says New York designer Elaine Griffin. "As the oldest recognized style, classicism carries with it the approbation of time and taste," Griffin says.

And while it never falls too far off decor's radar, it's really enjoying a moment now.

"Classicism's clean, sleek lines are back with a vengeance this summer, both in a refined way and in over-the-top, tongue-in-cheek style statements," she says.

There are many ways to introduce the style into traditional or contemporary spaces, and at various price points.

Lamps light the way

"Lamps are a great way to bring a neoclassical touch into your decor — classic urn shapes, columns or classical motifs like acanthus leaves look elegant, particularly when paired with a black card or pleated silk Empire lampshade," Chinn suggests.

Stiffel has a wide selection with silver or burnished bronze bases. (www.stiffel.com)

"Ornate plaster corbels used as brackets for decorative display shelves bring a classical element to a room," she notes.

Look for plaster ones, or unfinished wood that you can paint or gild yourself. (architecturaldepot.com)

AllModern has pairs of bookends with busts of Hercules or David. The Perseus console from Currey & Company is a sleek, silver-leafed iron piece with a Greek key border. (allmodern.com)

…who knows a guy who grew up with a woman who has a grandma…

Cut to the chase on page 25.

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Neoclassical architectural fragments cast in brass represent several of the Greco-Roman motifs including acanthus leaves and scroll and vine. RESTORATION HARDWARE/THE ASSOCIATED PRESS

Refined and cheeky

"Classicism's clean, sleek lines are back with a vengeance this summer, both in a refined way and in over-the-top, tongue-in-cheek style statements."

New York designer Elaine Griffin

Frames and fragments

At Arhaus, scroll and floral wood carvings frame the Clara mirror, while the Adele dining chair, upholstered in velvet, features inlaid antiqued wood rosettes. (arhaus.com)

Restoration Hardware has a group of architectural ornament fragments cast in brass and mounted on museum stands, among them swag and tassel, cornice, and acanthus scroll patterns. Vintage Italian etchings of capital styles would make nice wall art, and so would an intricate charcoal drawing circa 1900 of classical carved marble portraits. A series of intaglio cameos of neoclassical themes are cast in plaster and framed.

The retailer's also got larger pieces, including wooden columns, pillars and plinths that could be used as display stands for artwork — perhaps for a plaster bust of Ariadne, or a carved finial. (restorationhardware.com)

Greek key motif

Griffin's not surprised that the Greek key motif is a trend.

"Its sleek, straight lines and crisp right angles are perfect counterparts to contemporary design, and are among the few design motifs that truly look great everywhere and with everything," she says.

She likes to use the design in dressmaker-inspired details, such as embroidered tape trim on curtains and upholstery.

Or, if you want a bold look, consider going for an all-over pattern. Smith and Noble offers the Greek key motif in bright combinations of tangerine, navy, red or deep pink with white, or a more subtle pairing of pale grey or aqua with off-white — especially pretty for sheer curtains. (smithandnoble.com)

Jonathan Adler is known for his use of Greek keys: He puts the pattern on rugs, throws, china and furniture, such as a needlepointed ottoman and a white lacquered cocktail table. (jonathanadler.com)

If you're interested in collecting from this style, antique stores invariably have pieces with provenance. Or check out rubylane.com; the online vintage shop has items including an elaborate desk painted with Pompeian frescoes, a pair of marble lions, salvaged Ionic columns and a circa 1880 hand-painted Italian leather screen. THE ASSOCIATED PRESS

Just wild about hue? Here's what to do

Vibrant colour.
Decorating with bold shades can be beautiful if you follow a few simple rules

It might be practical, of course, to decorate your home with neutral colours and muted earth tones. No need to worry about colours clashing if most everything is white, beige and light brown.

But what if you're a fan of vivid orange, lime green or a luscious shade of lavender?

These colours can be tricky to use successfully in decor. But you don't need to avoid them, says interior designer Brian Patrick Flynn, creator of the Flynnside Out design blog. Just use them carefully.

"It's a game of balance," Flynn says. "Once you get that right, just about any colour can be spectacular."

Here, Flynn and two other designers — Kyle Schuneman of Live Well Designs and Betsy Burnham of Burnham Design — share advice on decorating successfully with even the most complicated colours.

Pick one wild colour

For a client who loved lime green, Schuneman covered one dining room wall in wallpaper that combined bright lime green with a muted sage green. He painted the other three walls in the sage, so the client could enjoy a favourite colour but the room wasn't overwhelming.

"There can only be one star in a room," Schuneman says. "If you want a bold colour, then you already have your star."

Burnham agrees: "Orange next to screaming lime green next to fuchsia," she says, "doesn't belong in a grown-up space." But fuchsia paired with olive green can look chic.

The same approach works for paler colours. Pastel pink used with pastel yellow and pastel blue creates an overload of sweetness. But Flynn has found that a light pastel pink can be gorgeous paired with a dark, calming navy blue.

Adjust your shade

When clients are considering a very bright colour, Flynn often advises them to choose one "two shades lighter or less saturated than the one they're iffy about."

"Nine times out of 10," he says, "they end up still getting the effect, but without the colour becoming too saturated to live with."

No matter what the colour, all three designers recommend picking a shade that's got some grey mixed in. For a living room done in shades of purple and lavender, Burnham chose a sofa fabric that was a mix of grey and purple, and used a white paint infused with a bit of grey on the walls.

"Grey has a way of calming a colour down," Schuneman says, making it "feel velvety and more soothing."

Accents instead of walls

"There are lots of ways to incorporate colour without having to commit to a wall colour," Schuneman says. "Paint an old media cabinet in a bold purple to make it a hot conversation piece."

Taxicab yellow walls would be awful, says Burnham, but one bright yellow throw or ceramic lamp could satisfy your desire for that shade without overpowering a room.

If your heart is set on a tough colour and you're not content with adding just a single accessory, Burnham suggests consulting an expert. Many interior designers will do a colour consultation, walking through your home to discuss how favourite colours might work.

Embrace the blues

Rather than layering a room with creams and beiges, Schuneman suggests blues.

"I actually think of blue as a neutral," he says. "I love it and always have it in my house, and have used shades from sky to royal to navy."

Even vivid blues can have a calming effect. "Everyone gravitates to oceans and lakes, and it makes people feel good," Schuneman says.

THE ASSOCIATED PRESS

The payoff of bold colour can be fabulous

"To make a splash with blue in a bold way, I suggest using Klein Blue, also referred to as electric blue," he says. "It's got a ton of purple mixed in, so it feels rather royal. And when you mix it with red, it's magical."

Designer Brian Patrick Flynn

...who knows a guy who walks his dog in the same park as his neighbour...
Cut to the chase on page 25.
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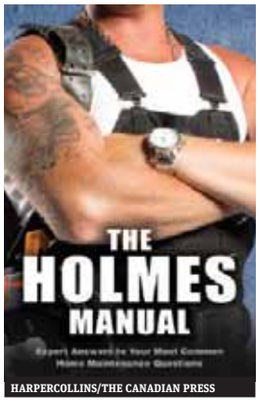
To make pinks less overwhelming, choose those with lots of white.

A highly dramatic colour like Klein Blue, also referred to as electric blue or midnight blue can be paired with other bold hues like red, and balanced with white or black. ALL PHOTOS SUSAN DORIO/HGTV.COM/ BRIAN PATRICK FLYNN/THE ASSOCIATED PRESS

Mike Holmes' maintenance manual helps homeowners spot trouble

Ounce of prevention.
Home-improvement host suggests dealing with problem areas before they get costly



HARPERCOLLINS/THE CANADIAN PRESS

While many homeowners have big dreams of beautifying their spaces, handyman Mike Holmes wants them to also think of the less glamorous side of property upkeep: Regular home inspections and maintenance.

"You will save a fortune in money if you do this, because if you go ahead and renovate that kitchen before you take a look at the roof and it leaks, that's going to cost you a big amount of dough," said the straight-talking contractor and home improvement host.

The Holmes Makes It Right star said he has fielded countless questions over the years on home maintenance, from queries about roofs to sweating windows. With his new book, The Holmes Manual (HarperCollins), out last week, Holmes offers guidance on how to spot potential signs of property damage while also sharing tips in response to common repair questions.

"We look at our cars. We constantly check our tires, right? ... And we pay more attention to our vehicles than the single most expensive investment of our lives — your home," Holmes said in a recent interview.

"Yes, you need to pay attention. You need to check your filter on your furnace every single month because if your filter's dirty, then you're actually smothering your furnace. You can burn out your motor because it can't breathe properly anymore. It's not moving air the way it's supposed to."

While icicles dangling from the edge of a roof may seem picturesque, their appearance is typically the sign of several different problems, said Holmes. Among them: Heat loss from the house heading into the attic space.

"When we have heat loss in the attic, we have hot meeting cold. That can actually mould the entire inside of your attic."

Holmes writes that shingles that are curling or buckling at the edges are also red flags. It may be a sign of natural wear and tear. But Holmes adds that exposed bare patches on asphalt shingles — which gradually lose granules over time — or large amounts of granules in gutters may be signs of poor ventilation in the attic where rising heat tends to accumulate.

"If that heat gets trapped because you don't have a well-ventilated attic, it can warm up the roof, causing asphalt shingles to stiffen up and age more quickly," he writes, noting that the ventilation issues can also cause ice dams to surface.

Holmes said while it's important for homeowners to be educated and knowledgeable about possible problems, that doesn't necessarily mean they should take the reins to repair them — particularly when they may be lacking key skills.

"You shouldn't do the roof unless you know what you're doing — and I mean really know what you're doing," he stressed. "You shouldn't play with electrical. You shouldn't play with your HVAC (heating, ventilation and air conditioning) and you shouldn't play with your plumbing.

"I think the majority of the people are trying to learn what they need to learn about their house (and) who they should be calling to fix it," he added.

For reno-minded homeowners, the book offers detailed comparative charts for items including roofing vents, sidings and finishes for fences and decks, as well as step-by-step project instructions, like finishing a basement floor.

But preventive maintenance remains top of mind for the handyman.

And with spring now in full swing, Holmes said the season is prime time for making inspections to ensure that water isn't seeping into the home.

"You've got to look at your eavestroughs — clean them out. Your downspouts — make sure they're not blocked. .... Look at all the caulking around your doors and windows," he said.

"If you can't get up on your roof ... get a pair of binoculars and take a really good look around the chimney, make sure that none of the weather has ruined your roof system.

"The more you take a look now, the absolute better. Don't just concentrate on flowers and cleaning up the garden." THE CANADIAN PRESS

...who knows a woman who can get you a deal on a mortgage.

Who thinks it's time to cut to the chase?

We do.

See how on page 25.

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Looking after your biggest investment will pay off

"We pay more attention to our vehicles than the single most expensive investment in our lives — your home." Mike Holmes

Mike Holmes is seen working on home repairs. The contractor and home improvement host is the author of the new book The Holmes Manual.
COURTESY ALEX SCHULTZ/THE CANADIAN PRESS

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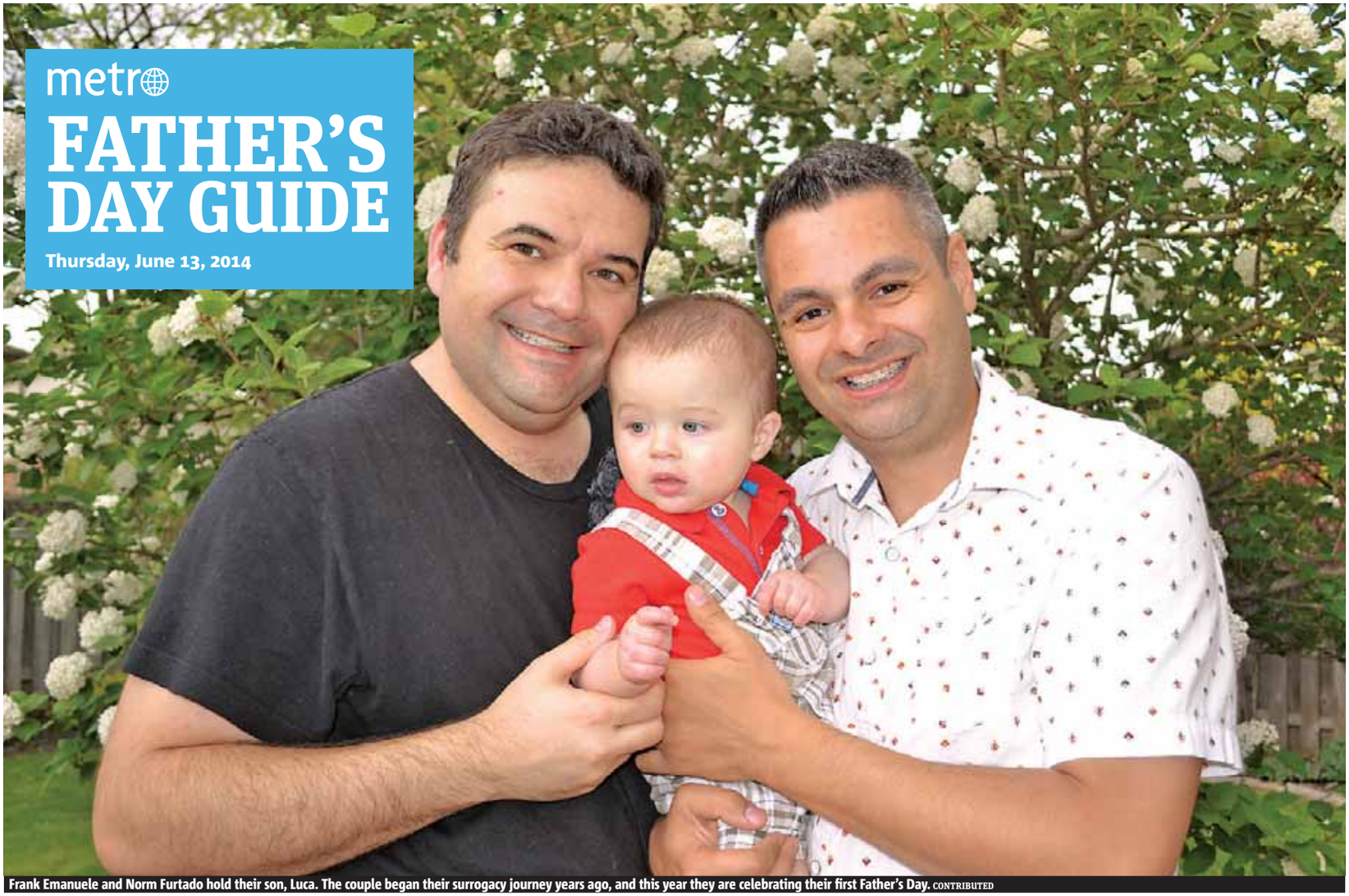
FATHER'S DAY GUIDE
Thursday, June 13, 2014



Frank Emanuele and Norm Furtado hold their son, Luca. The couple began their surrogacy journey years ago, and this year they are celebrating their first Father's Day. CONTRIBUTED

'I just realized, I am a dad now'

First Fathers' Day. London, Ont., couple shares trials and tribulations of finding a surrogate

KATE RAE
For Metro

Frank Emanuele, a teacher in London, Ont., always knew one thing for sure: He wanted to be a dad. One of the hardest parts about coming out in his early 20s, though, was the realization that, as a gay man, that wouldn't happen easily.

"I told myself I could adopt, but still. I thought I would being doing it alone."

For Norm Furtado, a family physician, becoming a father was never on the horizon. "It just wasn't something I thought about. I was so career-focused, and becoming a parent just wasn't in the picture. In fact, in my 20s, I would say I was pretty anti-kids. I had just come out and was developing who I was."

But in a sushi restaurant in London on one of the couple's early dates in 2005, everything changed for both of them. "Frank basically said, 'Look, I am having kids. This is where the train is going,'" Furtado said. "And I don't know my exact words, but I said, 'Yeah. I could have kids with you.' It suddenly seemed possible." And the journey began.

Years of research, heartbreak and baited breath followed as the couple navigated the complex world of surrogacy. Finally, they found their match online: Angela, a mother of four, who offered to be their "oven." Thanks to an egg donor and many tricky discussions and negotiations, the dream of becoming dads looked like it was finally going to become a reality.

Throughout the entire process, Furtado says, Emanuele had his eye on the prize the whole time, while he was more focused on the journey itself.

"I'm much more pragmatic," he says. "I was thinking about scheduling doctor's appointments and taking time off work. The process was really overwhelming. I wouldn't say I was excited, as much as I was anxious."

But as Angela's pregnancy progressed and hurdles were conquered, Furtado felt his anxiety waning and his excitement growing.

"I think before the baby came — when it was still theoretical — I only thought about parenting in terms of all of the extra work. But as soon as Angela started showing, I started thinking about other things, like school plays."

The labouring proved to be more complicated than with Angela's previous four pregnancies, and both dads were stricken with worry. But Furtado's recollection of the moment when his son was born is sharply focused and awash with love for both his husband and baby.

"I watched Frank the whole time. I remember the look on his face. I remember the way his hands fell open to welcome our child. I didn't stop to think about what I was feeling. When the moment came to cut the cord, our plan had been to have Frank do it — I didn't want to take that moment from him. But he had his hands full with Luca. It's something I've done many times before as a doctor without even thinking about it. But this time … Then Frank moved to a chair we'd set up so Luca could have skin-to-skin contact with him and when that floppy, wet baby was placed on his belly, I just realized, 'I am a dad now.'"

The dads' conversation before fatherhood

"Frank basically said, 'Look, I am having kids. This is where the train is going.' And I don't know my exact words, but I said, 'Yeah, I could have kids with you.' It suddenly seemed possible."
Norm Furtado

Now, eight months into fatherhood, the two dads are starting to talk about adding to their family and giving Luca a sibling. Both are besotted.

"I describe fatherhood as 'new heights of joy balanced with new depths of fatigue,'" says Furtado. "But at the end of the day, there is nothing more healing than playing with Luca and hearing him giggle."

"People talk about 'that moment' when you suddenly feel like a parent," Emanuele says.

"I never had that. The moment Luca was born, I was so ready. It was 'OK, here we go.' Life is different, of course."

This Father's Day — their first as parents — will be spent at a cottage with their friends Emily and Andrea, a couple whose three-year-old daughter for whom Emanuele was the donor.

"I knew that I couldn't ask anyone to help me have a baby, if I wasn't willing to do the same for another family," Emanuele added. This year, the two couples and two kids will all celebrate Donor's Day and Father's Day together.

"We always say that we don't have a family tree," Emanuele says. "We have a family vine."

Robin Wright (left) and Cary Elwes star in The Princess Bride. HANDOUT

Bring back the '80s with this pre-teen hit, The Goonies. HANDOUT

Flicks for Father's Day

Screentime. Gather up the kids and take in classics from your time

CLAIRE GAGNÉ
For Metro

Looking for something other than Frozen? Round in the kids and cuddle up with one of these classics from your childhood.

Flash back and entice the kids with the original of classic sci-fi movie, Star Wars. THE ASSOCIATED PRESS PHOTO/20TH CENTURY-FOX FILM CORPORATION

Shed a tear (or five) with this woeful film, E.T. TORSTAR NEWS SERVICE

ROBIN HOOD

What's not to love about a movie in which all the main characters are animals? In this 1973 Disney-animated film, Robin Hood is a sly fox; Maid Marian, the vixen; and Little John, a big cuddly bear. Although not considered one of Disney's hits — and the first film to be produced without Walt Disney's involvement, following his death in 1966 — do the kids really care about character depth and quality animation?

Ages 3 and up. Rated G.

THE MUPPET MOVIE (AND ITS SEQUELS)

If your kids liked Muppets Most Wanted (2014) or The Muppets (2011), introduce them to a little old-school Kermit. The original, called The Muppet Movie, came out in 1979 and sees Kermit the Frog journey across the U.S. to find fame in Hollywood, picking up new-found pals Miss Piggy, Fozzie Bear and others along the way. The Great Muppet Caper was released in 1981, while Muppets Take Manhattan came out in 1984.

Ages 5 and up. Rated G.

Gene Wilder (centre) stars in the 1971 classic, Willy Wonka and the Chocolate Factory. HANDOUT

YELLOW SUBMARINE

You'll enjoy this 1968 Beatles movie for the music and your kids will love the animated, colourful, rambling adventure of the Beatles as they board the Yellow Submarine to travel to Pepperland and save it from the Blue Meanies, who have drained the underwater paradise of music and colour. Despite the psychedelic look of the animation and suggestions that songs such as "Lucy in the Sky with Diamonds" refer to drugs, there are no drugs or alcohol in this movie.

Ages 5 and up. Rated G.

WILLY WONKA AND THE CHOCOLATE FACTORY

Kids will cheer when poor boy Charlie is victorious at the end of this movie, based on the Roald Dahl classic book Charlie and the Chocolate Factory. There are some suspenseful scenes, but this 1971 version is less dark than the 2005 Tim Burton/Johnny Depp release. It's worth it for the "fizzy lifting drink" scene alone, where Charlie and his grandfather begin to float after partaking, and have to burp themselves down to avoid getting sucked into a fan.

Ages 6 and up. Rated G.

STAR WARS

It's not like your kids haven't been begging you to watch it anyway. With Star Wars themed tableware, toothbrushes and board books, the characters and storylines of the two trilogies are entrenched in the imaginations of young kids today. Start with the original (Episode IV: A New Hope, 1977) and have a remote control handy to fast-forward through the scary parts.

Ages 7 and up. Rated PG (Warning: Episode III: Revenge of the Sith is rated PG 13).

E.T.: THE EXTRA-TERRESTRIAL

Who doesn't remember the heartwarming story of E.T., the alien who is left behind on earth by his fellow aliens and befriended by 10-year-old Elliott. Your kids will identify with Elliott and his comrades, and you'll be transported back to a time in your life when everything seemed simpler. Warning: You just might cry in front of your kids.

Ages 7 and up. Rated PG.

THE PRINCESS BRIDE

Sooo many iconic lines: "Hello, my name is Inigo Montoya. You killed my father. Prepare to die." "Inconceivable!" The Princess Bride is a fairy-tale with something for everyone — "fencing, fighting, torture, revenge, giants, monsters, chases, escapes, true love and miracles." The young boy (Fred Savage, star of the iconic TV show, The Wonder Years), whose grandfather reads him the story, becomes enraptured by the story of good versus evil, friendship and sacrifice and so will your kids. Of note: Princess Buttercup is played by Robin Wright from House of Cards.

Ages 8 and up. Rated PG.

THE GOONIES

Ask a 30-something dad in Toronto what movie they remember liking as a kid, and The Goonies comes up time and time again. And it's no wonder - in this action-packed adventure film, a group of misfit kids sets off on a real-life pirate treasure hunt. Rumour has it The Goonies II is in the works, making this a perfect time to expose your tweens to the original.

Ages 9 and up. Rated PG.

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Go, go gadgets

Useful toys. Tech gifts range from a laptop to a robot that cleans your grill

MIKE YAWNEY
For Metro

Forget the neckties and fancy pens, technology is quickly becoming the go-to gift for dads on Father's Day. Here are a few of the most useful tech gadgets you can surprise dad with this year.

SONY SMARTBAND ($99.99)

Perfect for dads with an active lifestyle, this activity tracker monitors your movements, as well as your sleep patterns. There are many trackers on the market, but what really sets this one apart is the fact that it tracks your entertainment, giving you an overall snapshot of your lifestyle right on your Android smartphone.

GRILLBOT ($129.95)

Take the grunt work out of cleaning your grill. Set this small rechargeable robot on your BBQ and stand back as it gets to work scouring backed on residue. The brushes are dishwasher safe, which makes cleaning a breeze. Comes in a variety of colours.

MOPHIE SPACE PACK ($149.95 AND UP)

The only case in the world which not only protects your iPhone, it expands the available storage. The Mophie Space Pack adds an additional 16 or 32GB to your iPhone to store everything from music, photos, videos and files. The case also contains an internal battery to double the life of your iPhone.

HTC ONE M8 ($699.99, NO CONTRACT)

This smartphone sports a sophisticated gun metal finish, perfect for dads who want style and performance. Dual front speakers provide an incredible audio experience, while the camera lets you focus on subjects after you snap the picture, allowing for truly creative photos.

MACBOOK AIR ($999.99 AND UP)

There's a reason the MacBook Air remains a favourite amongst those on the go. This ultra-thin laptop weighs a mere 1.08 kilograms (just over two pounds) yet it still has plenty of power. Apple recently updated the processor for added speed, plus it has a battery that will last up to 12 hours on a single charge.

PHILIPS VACUUM BEARD AND STUBBLE TRIMMER ($49.99)

Help dad look his best. This unique beard trimmer has a built-in vacuum to collect trimmings, ensuring the bathroom sink stays nice and clean. The blades are maintenance free, and can be set to 18 different pre-set lengths.

PEBBLE STEEL SMARTWATCH ($249)

The smartwatch that does much more than just tell time. With thousands of apps, you can get Pebble to control your music, track your activities, or notify you when your favourite team scores. On top of that, the metal and leather finish will look great on any dad's wrist.

GAME GOLF ($259.95)

Help dad stay on top of his golf game. This system uses special Near Field Communication tags on each club to determine club usage, distance hit and putts per hole. Once you finish a round, you can track your overall performance right on your iPhone or brag about your progress online with family and friends.

BABOLAT 'PLAY PURE DRIVE' TENNIS RACQUET ($450)

The world's first connected tennis racquet features sensors integrated into the handle to track power, where the ball hits the racquet head, along with other stats, rating your overall technique. The racquet works in unison with both Android and iOS devices.

Clockwise from bottom left: Babolat 'Play Pure Drive' tennis racquet, $450; Mophie Space Pack, $149.95; Macbook Air, $999.99; Grillbot, $129.95; HTC One M8, $699.99; Sony Smartband, $99.99; Philips Vacuum Beard and Stubble Trimmer, $49.99; and Pebble Steel Smartwatch, $249.

Game Golf, $259.95.

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YOU CAN MAKE
THE BEST ROOT BEER FLOAT.

HAPPY FATHER'S DAY

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Don't let Father's Day fall flat this year.
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Spoil dad on his special day

Grooming goods.
These gifts will keep dad looking and smelling his best

JANINE FALCON
For Metro

Jack Black Deep Dive Glycolic Facial Cleanser is ideal for oily skin as well as dry. Glycolic acid smooths, prevents clogged pores and evicts dry patches, too. $20 at Hudson's Bay, Holt Renfrew and Sephora.

Clark & James Garconnière Cotton Soap Rope brings back that soap-on-a-rope concept in a fresh, cool, planet-friendly way. $16 via clarkandjamesco.com.

The Gillette Fusion ProGlide with FlexBall Technology is a next-level razor that smoothly navigates facial contours to deliver an ultra-close shave on the most sensitive skin. $19.99 at drugstores and mass retailers.

The Blind Barber Shave Kit pairs rich Watermint Gin shave cream with a moisturizing Aftershave Soother. Stop by the popular East Village barbershop and cocktail parlour on your next NYC trip. $50 at 6ByGeeBeauty

Captain's Choice Original Bay Rum Aftershave combines vintage and modern with a side of "aye-aye, matey" in an invigorating yet soothing natural brew. $17.95 via menessentials.ca.

Eminence Neroli Age Corrective Eye Serum, hydrates, softens and smoothes under-eye skin. It was a hit with Fassbender and Jackman on the set of X-Men: Days of Future Past. $58. 1-888-747-6342 for retailers.

Clinique For Men Oil Control Mattifying Moisturizer feels light on skin and provides essential hydration as it tempers shine. $31 at department stores, Sephora and Murale.

Imperial Barber Products Fiber Pomade adds lightweight texture, subtle shine, and restyle-ability when the ball cap or motorcycle helmet comes off. $24 via menessentials.ca.

Hermès Terre d'Hermès Eau Tres Fraîche is a zesty, more airy version of the classic original, with a slight trail appropriate for low-scent-tolerance zones. $124 at Hermès boutiques and Holt Renfrew.

Dolce & Gabbana Light Blue Light Blue Discover Vulcano bottles the balmy, sun-soaked mediterranean sea with vibrant splashes of Italian lemon and zingy ginger. From $77 at Holt Renfrew, Hudson's Bay, Shoppers Drug Mart, Jean Coutu and Sephora.

From far left: Clark & James Garconnière Cotton Soap Rope, $16; Jack Black Deep Dive Glycolic Facial Cleanser, $20; Clinique For Men Oil Control Mattifying Moisturizer, $31; Imperial Barber Products Fiber Pomade, $24; Dolce & Gabbana Light Blue Light Blue Discover Vulcano, $77; Hermès Terre d'Hermès Eau Tres Fraîche, $124; The Gillette Fusion ProGlide with FlexBall Technology, $19.99; Captain's Choice Original Bay Rum Aftershave, $17.95; Eminence Neroli Age Corrective Eye Serum, $58; andThe Blind Barber Shave Kit, $50.

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Get creative. Skip generic gift

This year, you'd really prefer to bypass giving a tie. And the gardening tools. Instead, get creative for Father's Day and be inspired with these fresh takes on gifts to celebrate dad.

Dad blogger Mike Reynolds says let your kids contribute their creativity to a Father's Day gift. CONTRIBUTED

IF YOU INSIST ON A TIE... "For Father's Day a few years ago my wife bought a blank tie and let the kids scribble all over it," says Mike Reynolds, a dad blogger with puzzlingposts.com. "If a tie is to be bought, make sure the kids have a role in it. I love my tie!"

PICK UP LEGO... "I've got an affinity to all things Lord of the Rings and The Hobbit, so I've built a few sets with my oldest daughter and both of us have a blast doing it," says Reynolds. "It's a good way to extend the fun beyond just receiving the gift and into doing something."

CONSIDER A PHOTO FRAME... and have the kids decorate it. "That way the kids can personalize it and you can put in a picture that's important to you," suggests Ricky Shetty, a dad blogger at daddyblogger.com.

What is dad's special hobby? If it is aerospace, Nanoblocks are a great gift for Father's Day. CONTRIBUTED

TAKE TO THE PAGE... "Have kids write their own stories to give to dad. I write stories with my girls all the time and every time they come up with a new idea, no matter how crazy it is, I fall in love with their stories," Reynolds says. "Once they're done you have a story to read with the kids whenever you'd like."

ASTRID VAN DEN BROEK/FOR METRO

How to choose

Not sure what to do? "When you're looking for a gift, focus on the relationship with that person," says Shetty.
"No matter who it is, it's really about that individual person. So let that guide you rather than the store you go to dictate the gift."

Enviro Dad blogger, Eric Novak, of Ajax, Ont., and his children share time together, creating a big splash in their backyard pool. CONTRIBUTED

Celebrate dad differently

Memories. Father's Day may mean finding a new way to honour or remember your loved one

ASTRID VAN DEN BROEK
For Metro

Perhaps you don't have a father in your life, but you do have an uncle who helped raise you Or maybe, sadly, this is the first year spent without dad by your side. When it comes to celebrating Father's Day this year, who says it has to be a dads-only event? Here are some tips to toast dads-of-all-stripes, whether they're with you, in-person, or not.

Think about a donation

Looking for a way to honour your father? Perhaps make a donation to his favourite charity in his memory or plant a tree either in your yard or in a memorial forest. Or, if your father lived with a chronic illness, consider raising money and running a race in his memory, while supporting a good cause.

Take in an experience

Try reliving an experience with your beloved relative. "Growing up, for many years my father was never in my life," says Eric Novak, blogger and editor of envirodad.com. "I had a Big Brother through the United Way and an uncle who filled in those roles. And for my Big Brother and me, our favourite thing was to go to Exhibition Stadium and sit in the grandstands and eat steamed foot-long hot dogs."

Be creative

When celebrating a unique father-figure in your life, dad Ricky Shetty, a blogger with daddyblogger.com, suggests to keep your mind open. "Think of these three tips: the more personalized the better, the more creative the better, the more unique the better," says Shetty.

Write a letter

This applies to someone who is still in your life, or who has passed away. Take a bit of time to put together a letter outlining how much you appreciate them in your life and thanking them for what they've done for you. And if your father has died, don't be afraid to purchase a Father's Day card and slip it in the same envelope.

Do what feels right

The website, ourhousegrief.org — the site for the California-based Our House Grief Support Center — suggests doing something tangible to remind yourself of your parent who's long gone. Think of tapping into those memories through your senses by taking a whiff of dad's favourite cologne or ordering and devouring his favourite pizza.

Campaign. Dads speak out for their daughters

Renowned Canadian dads — from political leaders and philanthropists to musicians and sports coaches — are uniting for their daughters, backing a global initiative, Fathers Empowering Daughters. It launched Wednesday by G(irls)20 — a summit mobilizing girls around the world to become the next leaders.

The campaign celebrates the powerful force fathers can play in the advancement of their daughters, calling on dads to showcase how they've helped their daughters succeed, while encouraging daughters to tell stories about their fathers empowering them. Stories are being shared in self-recorded videos, with kick-offs from the likes of Richard Branson, Ziauddin Yousafzai (Malala's father), Chelsea Clinton and Shakira.

Those high-profile Canadians dads taking part include Prime Minister Stephen Harper, Liberal leader, Justin Trudeau, musician Sam Roberts, Blue Rodeo frontman Jim Cuddy, producer and composer David Foster and B.C. Lions coach, Wally Buono. Even the campaign's theme song — Little B — has a Canadian touch, co-written by songtress Sarah McLachlan and philanthropist and businessman Frank Guistra.

"This campaign engages men in a unique, personal and meaningful way," said Farah Mohamed, CEO of G(irls)20. "Fathers can play an important role in encouraging daughters to realize their dreams, no matter how big or small, and this Father's Day we celebrate that."

The initiative is in run-up to the G20 this August, where G(irls)20 will address how to economically engage and empower girls and women around the world to achieve their goals. Visit fathersempoweringdaughters.org. METRO

YOU'RE NO BARTENDER
but
YOU CAN MAKE
ANY FIZZ TASTE BETTER.
Serve in a jar with a pretty straw.
Garnish with random herb (rosemary, mint, basil, cilantro).
Add your favourite flavour.
Fizz some water.
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Refreshing, fermented apple (or pear) juice goodness

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

It's been a long time coming, but cider has finally found a home in the hearts and mouths of Canadians. A tidal wave of fermented apple juice is rolling across the country.

Artisanal ciders have created a cottage industry in most provinces, but you can find these larger international brands just about everywhere, including on tap at your favourite pub.

Strongbow English Dry

The juicy apple sweet core of this granddaddy of modern ciders ends crunchy and dry (England, 500 ml, $3.00 to $3.95).

Foundry Golden

More deeply coloured than Strongbow, with a spicy apple-saucey aroma and rich, baked apple flavour (England, 500 ml, $3.00 to $3.88).

Magners Original Irish

Deep and golden with a very dry, ripe apple fruit that ends ripe and well-rounded (Ireland, 500 ml, $3.15 to $4.62).

Somersby

Orchard aromatics and Granny Smith meet green Jolly Rancher candy sweetness, soothed by a thirst-quenching carbonation (Denmark, 500 ml, $3.00 - $3.94).

Sir Perry Pear Cider

Not as muscular as the apple variety, the outcome has more of a wine vibe. It's subtle and lightly sweet, but finishes dry (England, 500 ml, $3.00 - $3.99).

Father's Day on a budget? A D.I.Y. herb garden plan

Barbecue companion. Instead of heading to the store, make your own gift from scratch

JORDAN HIPSON
For Metro Canada

Father's Day and Mother's Day are unlike most other holidays — we don't decorate, we don't attend special services and we are not expected to go overboard with gifts.

Therefore, Father's Day and Mother's Day are days of pure appreciation and love for people who have affected our lives in a way no one else can.

With much thought, it is very possible to purchase a store-bought gift for Father's Day. However, a DIY gift truly speaks to the love we have for Dad.

Naturally, when we think of Dad and summertime, the first thing to come to mind is the barbecue. So why not build him an herb garden? A compact, easy-to-grow herb garden perfectly compliments all of his favourite BBQ foods.

How To

1. Begin by thoroughly rinsing PVC pipe with hot water. If you have organic or non-toxic soap on hand, use that to further clean the pipe (white vinegar works, too).

2. Place the PVC pipe with the single-opening side down on heavy plastic or mesh. Using a heavy marker or pencil, trace around opening. Ensure your hot glue gun is plugged in to heat up.

3. Cut out the circle you have just traced.

4. Place a thin bead of a glue around the single opening of your PVC pipe. Safely attach your plastic or mesh. If you are using plastic, consider adding a few small slits or holes to allow drainage.

5. Fill the vessel with enough soil to plant your herbs. When planting the herbs, the excess soil in the store pot is usually enough to completely fill each of the pipe's ends.

6. If your herbs came with plant-markers, place them behind the herb in each opening. Water lightly and trim off any weeping pieces.

A stove-side herb garden also sits well by the barbecue. JORDAN HIPSON FOR METRO

Step 4: Attaching a mesh to allow for drainage. JORDAN HIPSON FOR METRO

Materials

- PVC Wye Pipe – 2 or 3 pipe configurations Heavy plastic or Tight window-screen mesh
- Planting medium (look for a small-planter-specific soil mix)
- Scissors
- Hot glue gun and glue sticks
- Water
- Herbs, depending on Dad's preference: rosemary, dill, fennel, thyme, parsley, chives.

Forget the uninspiring ties, socks and cards

This Father's Day treat your Pops to a unique gift he'll definitely not forget. Where to start? Here are a few geographical suggestions for you.

METRO

British Columbia

Dad can reminisce about his younger days spent building forts with a stay in one of Free Spirit Spheres' orb-like suspended cabins in the trees. Stays in these unique treehouses near Qualicum Bay on Vancouver Island start at $155 a night. freespiritspheres.com

Alberta

Get your dad to unveil his inner dude with a cowboy experience. Alberta Country Vacation features a number of cattle drive packages taking place in July, August and September. Various costs. albertacountryvacation.com

Saskatchewan and Manitoba

Give Dad the chance to see one of the most majestic creatures on Earth: the beluga whale. A trip to Churchill, Man., may be pricey, but the look on Dad's face will be worth it.

For a list of tour providers, visit everythingchurchill.com.

Ontario

Is Dad a speed demon? Let him exercise his heavy foot on an actual racecourse.

The Canadian Tire Motorsport Park (canadiantiremotorsportpark.com) near Bowmanville, Ont., and the Bridgestone Racing Academy, race2000.com, in Toronto are among the courses offering lessons.

Quebec

Your father may be called the king of his castles, but he can be the king of an actual ice palace. It may be a few months away, but reserve his a stay at the Hôtel de Glace in Quebec City (hoteldeglace-canada.com), which is open each year between January and March. A special package is now on for $179 until June 30.

Nova Scotia

Guys don't dance? Oh, yes they do. Need proof? Watch a flamenco dancer powerfully take over a stage.

The Maria Osende Dance School in Halifax offers an eight-week beginner course (no partner required) ranging from $99 to $155. Mom may thank you the next time she takes Dad on the dance floor. mariaosende.com

Whether you plan to surprise Dad with breakfast, lunch or dinner, Metro has teamed up with Gusto TV (gustotv.com) to bring you some perfect recipes for this Father's Day. Here are out suggestions courtesy of the hosts of My Kitchen Rules, Ask the Butcher and Secret Meat Business.

Metro

Breakfast: Bacon Huevos Rancheros

Get Dad's special day off to a great start. GUSTO TV (GUSTOTV.COM)

Ingredients

Tortillas
- 250 g plain flour
- 100 ml water
- 1 tbsp olive oil
- Pinch salt

Sauce
- 1 tbsp lemon juice
- 1 tbsp lime juice
- 1 tbsp Worcestershire sauce
- 1 tsp Tabasco sauce

Salsa
- 1 tbsp olive oil
- 100 g piece Speck, diced
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 red pepper, finely diced
- 1/4 tsp dried mixed spices (sumac, thyme, oregano)
- 4 medium tomatoes, deseeded, finely diced
- 1 tsp finely grated lemon zest

Topping
- 4 eggs
- 8 pieces smoked bacon
- 4 tbsp goat's cheese
- 2 small avocados, sliced
- 1/2 cup chopped parsley
- Lime wedges, to serve

This Bacon Huevos Rancheros recipe comes from My Kitchen Rules, in which 12 home-chef teams compete to determine whose kitchen rules.

1. To make tortillas, mix or process all ingredients to form a smooth dough. Knead for 5 minutes. Cover with a tea towel and rest for 10 minutes. Divide dough into four portions. Roll portions into thin rounds.

2. To make sauce, combine sauce ingredients in a jug.

3. To make salsa, heat oil in a frying pan over medium heat. Cook speck until golden brown. Set aside. Add onion, garlic, red pepper and spices to same pan. Cook until soft. Stir in tomatoes and speck. Cook, stirring frequently, for 20 minutes or until mixture is soft. Remove from heat. Stir in zest and half the sauce.

4. Preheat oven to 180 C. (350 F)

5. Heat a large lightly oiled frying pan over medium-high heat. Cook tortillas, one at a time, on both sides, until golden and crisp.

6. Arrange tortillas on a large oven tray. Divide salsa over one half of each tortilla, making a well in centre of salsa. Crack an egg in each well. Bake 6-8 minutes or until egg set and cooked to your liking

7. Cook bacon in a lightly oiled frying pan until browned and crisp.

8. To serve, arrange goat's curd, avocado and bacon on empty side of tortilla. Garnish egg and salsa with parsley. Serve with lime wedges and remaining sauce.

AN ALL-NEW SEASON FIVE OF MY KITCHEN RULES AIRS MONDAYS THROUGH THURSDAYS AT 9 PM EST ON GUSTO TV

Lunch. Banh Mi.

This recipe serves one. GUSTO TV (GUSTOTV.COM)

Chef Adrian Richardson knows his way around a steak. Here is the host of Secret Meat Business' recipe for Banh Mi (Vietnamese Pork Roll).

1. In a large mixing bowl, combine mince, liver, coriander, garlic, ginger, chili, curry powder and a pinch of salt and pepper. Mix until well combined and form patties.

2. Over a medium to high heat, lightly oil a griddle pan. Add patties and cook for 2 - 3 minutes on both sides.

3. Take the baguette and fill with patty and any/all remaining ingredients.

SECRET MEAT BUSINESS AIRS MONDAYS AT 10 PM/10:30 PM EST AND TUESDAYS AT 7 PM/7:30 PM EST ON GUSTO TV

Ingredients

Patty
- 200 g pork mince
- 4 chicken livers, chopped
- 1/2 bunch coriander, roughly chopped
- 1/2 clove garlic, grated
- 1/2 tsp ginger, grated
- 1 bullet chili, finely chopped
- 1/2 tsp curry powder
- Salt and pepper

Sandwich
- Baguette, cut to 6 inch
- 1 tbsp mayonnaise
- 1 tbsp Sriracha chili sauce
- Cucumber, thin strips
- Carrot, thin stripes
- Spring onion, chopped
- Coriander, chopped
- Fresh chili, chopped

Take Dad's dinner to the next level with Aged Rib-Eye

This recipe serves four. GUSTO TV (GUSTOTV.COM)

Ask the Butcher host Anthony Puharich's Grilled Aged Rib-Eye with Tomato, Onion and Chipotle Sauce is drool-worthy.

1. Preheat oven to 200 C (390 F)

2. Season steaks with sea salt 2 hours before cooking, and allow to come to room temp.

3. Salsa: Place tomatoes and onion in small ovenproof dish (that holds tomatoes snugly), pour olive oil over and season with sea salt. Roast 1 hour or until skins of tomatoes burn a little.

4. Remove from oven, pull off tomato skins, then place contents of the dish in saucepan and mash tomatoes with tongs. You should have a sauce with lots of olive oil on top. Bring to a boil (then oil will blend in), reduce by a third, then add the chipotle powder and mix through. Cook for a further minute, then remove from heat and allow to cool. Add the parsley and lime juice, then season to taste with sea salt and white pepper. Makes about 250 g (1 cup).

5. Heat a flat or ridged chargrill pan on the stovetop or heat barbecue to very hot.

6. Rub steaks with a little olive oil. Cook them for about 2 minutes (for rare), then turn over and cook for a further 2 minutes. Allow the meat to rest in a warm place for 5 minutes.

7. Place steaks on serving plates, top with dollop of room-temperature salsa and drizzle with extra virgin olive oil. Serve with your favourite potatoes and a bowl of boiled greens.

ASK THE BUTCHER AIRS TUESDAYS AT 8 PM & 8:30 PM EST ON GUSTO TV

Ingredients

- 4 grass-fed rib-eye steaks with bone in, about 360 g each
- Sea salt
- Extra virgin olive oil, for drizzle

Salsa
- 4 large vine-ripened tomatoes
- 1 small red onion, thinly sliced
- 100 ml extra virgin olive oil
- 1 1/2 tbsp chipotle chili
- 1 tbsp roughly chopped flat-leaf (Italian) parsley
- Juice of 1 lime
- Sea salt and white pepper powder, or to taste

This recipe makes two sandwiches — one for you and one for dad. LUCY SCHAEFFER

That's one very manly sandwich!

Chivito. This Father's Day, treat dad to Uruguay's amazing steak and egg sandwich

"The chivito was the first thing I ate on my first trip to Uruguay and it foreshadowed the onslaught of red meat that would accompany my visit. ('We eat meat thirteen times a week,' my guide confided, the fourteenth meal being fish for lunch on Friday)," writes Steven Raichlen in his book Man Made Meals.

"Simply defined, the chivito is a steak sandwich — the way the Super Bowl, simply defined, is a football game. You start with thin-sliced steak and pile on bacon, eggs, cheese, lettuce, tomato, roasted peppers, and mayonnaise. It makes a Philly cheesesteak look downright anorexic"

1. Cut the rolls almost in half through the side. Spread the cut sides of the rolls with the mayonnaise. Place a lettuce leaf on the bottom of each roll. Set the rolls aside while you cook the bacon, steak, and eggs.

2. Arrange the bacon in a single layer in a cold large skillet and heat over medium heat. Cook the bacon until it is crisp and browned, 3 minutes per side. Transfer the bacon to a plate lined with paper towels to drain. Leave the bacon fat in the skillet.

3. Season the steaks with salt and black pepper to taste. Heat the skillet over high heat. Add the steaks to the skillet and cook until done to taste, 2 minutes per side for medium.

4. Place the steaks on the rolls, and top them with the bacon and cheese. Leave the fat in the skillet.

5. Once again, heat the skillet, this time over medium-high heat. Crack the eggs into the skillet and cook until the whites are crisp and browned on the bottom and edges, 2 minutes on the first side, 1 minute on the second side, carefully turning them with a spatula. Slide the eggs into the sandwiches on top of the cheese.

6. Top each egg with slices of tomato and a strip of red pepper, if using, and season the sandwiches with a little more salt and black pepper. Close the sandwiches and cut them in half before serving. **RECIPE PRINTED WITH PERMISSION FROM MAN MADE MEALS BY STEVEN RAICHLEN (WORKMAN PUBLISHING, 2014)**

Ingredients

- 2 kaiser rolls
- 3 tbsp mayonnaise, preferably Hellmann's
- 2 Boston lettuce leaves, rinsed and patted dry with paper towels
- 4 slices bacon, cut in half
- 2 beef steaks (3 to 4 oz) cut or pounded 1/4 inch thick
- Coarse salt (kosher or sea) and freshly ground black pepper
- 2 slices Jack or mild cheddar cheese, each about 1 oz
- 2 large eggs
- 1 luscious red ripe tomato, thinly sliced
- 2 large strips roasted red pepper

Cookbook of the Week

Inner workings of a man's kitchen

Man Made Meals offers guys everything they need to achieve confidence and competence in the kitchen. With the inclusion of tools and techniques, Steven Raichlen offers secrets from the pros that will help you understand flavours and flavour boosters, and enhance your recipe repertoire.

There are 300 recipes to choose from. Among them are: Blowtorch Oatmeal, Skillet Rib Steak, Beer Battered Fish, Loaded Potatoes, Rum and Coke Floats, and more. **METRO**

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4 SPORTS

CFL labour dispute

League, players to vote on new deal

The CFL and its players will conduct their ratification votes on a new labour deal later this week.

Independent league sources requesting anonymity say the players will vote Thursday while the CFL's board of governors will do so Friday.

The CFL and CFL Players' Association agreed to a five-year contract Saturday. However, many players have spoken out against the new deal which calls for a $5-million salary cap, well below the CFLPA's opening demand of $6.24 million.

The CFL also got a major concession from the union on the gross revenue formula that would trigger the renegotiation of the cap or entire collective agreement.

THE CANADIAN PRESS

NHL

Sens GM open to dealing Spezza

Jason Spezza has requested a trade, and Ottawa Senators general manager Bryan Murray says he'll try to make that happen.

"I don't want to trade the guy, really, and I know I won't get the value, in all likelihood that I should get for him," Murray said Wednesday after the NHL general managers meeting. "But I think that Jason feels maybe there's a change that he would like to have happen, and if that's the case we'll try to do what we can."

Spezza has one year left on his contract at a salary of $4 million US.

THE CANADIAN PRESS

Rangers goalie Henrik Lundqvist blocks a shot by Kings centre Jeff Carter on Wednesday in New York. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Lundqvist silences Kings, critics to keep N.Y. alive

Stanley Cup final.
Rangers goalie makes 40 saves in another clutch performance

Game 4

Rangers	Kings
2	1

Mark Messier got his cameo on the Madison Square Garden video screens early in Game 4 of the Stanley Cup final, and used it to hold four fingers in the air to signify the four victories in a row the New York Rangers needed.

Celebrities Michael J. Fox and John McEnroe followed. By the end of Wednesday night that number was three after Henrik Lundqvist willed the Rangers to a 2-1 victory over the Kings to stave off elimination and send the series back to Los Angeles for Game 5.

Lundqvist made 40 saves, including every single one in a third period that included just one shot for the Rangers, who spent more than half the game clinging to a one-goal lead. The entire time "The King" was brilliant, continuing his spectacular play in elimination games at home.

"Elimination games we need (Lundqvist) to be at his best," said Rangers forward Rick Nash.

Going into Game 4, Lundqvist had won seven straight in that situation with a 0.98 goals-against average and .967 save percentage. Stopping 40 of the 41 shots he faced helped him keep the streak alive.

Benoit Pouliot and Martin St. Louis scored for the Rangers. Captain Dustin Brown was the only Kings player able to beat Lundqvist.

At the other end, Jonathan Quick, who was the biggest reason Los Angeles had a three games to none lead in the series, finished with 17 saves in just his second NHL game at the Garden.

Incredibly, the Kings came centimetres from tying the score with 1:11 left. The puck got behind Lundqvist and ground to a halt in the snow just in front of the goal-line.

THE CANADIAN PRESS

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A/C, AUTO, PWR LOCKS & MIRRORS, BLUETOOTH, TRACTION CTRL
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Danny Green of the Spurs goes to the basket against Chris Bosh of the Heat during Game 3 of the NBA Finals on Tuesday in Miami. Scan the image with your Metro News app to find out the origins of players on one of the most culturally diverse teams in the NBA, the Spurs. ANDY LYONS/GETTY IMAGES

Spoelstra forces Heat to relive Game 3 blowout

NBA Finals. Spurs set a record shooting 75.8% from field in 1st half

LeBron James has learned an important lesson during his journey from 19-year-old rookie to two-time NBA champion: Never talk back to the coach during a film session.

"Let him make his point, whether he's right or wrong, and you live with it and move on," James said.

Especially when the coach has as much to show his players as Erik Spoelstra did to James and the Miami Heat on Wednesday.

Miami's defence didn't offer much resistance early in Game 3 of the NBA Finals; the San Antonio Spurs played like they were on the court by themselves. San Antonio made 19 of its first 21 shots and shot a finals-record 75.8 per cent in the first half of a 111-92 victory.

Just like last year, Game 3 was a blowout that left the Heat facing a 2-1 deficit. Miami came back to win the series, so nobody was overreacting to what happened Tuesday, especially since the Spurs themselves don't expect to shoot that way again. But the Heat have things to clean up before Game 4 on Thursday, or they risk going back to San Antonio facing the end of their title reign.

"For us, we have to make the adjustments," James said.

THE ASSOCIATED PRESS

TV numbers

14.9M

The NBA Finals is averaging 14,921,000 viewers per game.

'Unprecedented number.' World Cup ticket sales high, but not fully sold out

Tickets remain available for more than 15 World Cup matches just a day before the tournament opener, including some involving Germany, Italy and France.

FIFA said it already sold more than 2.9 million tickets, but some were still on sale Wednesday.

There were plenty of tickets for matches between less-prominent nations, including Bosnia-Iran and Greece-Ivory Coast, but it was also still possible to attend games with some of the more traditional teams. Fans could still get tickets on FIFA's website for matches such as Germany-Ghana, Switzerland-France and Italy-Uruguay.

Only tickets for the highest-priced categories remained available for the better matches.

FIFA said last week that nearly 1,400 people were told to change their tickets because they were handed out before work in some of the stadiums was completed.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
You may be doing well financially but there is a danger you will take one risk too many and undo much of the good work you have done in recent weeks. Self-belief is great but too much can be self-defeating.

♉ Taurus
April 21 - May 21
The planets warn you may do something so out of character today or tomorrow that even those who know you well will be shocked. Hopefully it won't damage your reputation.

♊ Gemini
May 22 - June 21
Jupiter in the main financial area of your chart suggests you could come into money today but it also warns you could lose it as quickly as it arrives. Don't let rivals play on your greed.

♋ Cancer
June 22 - July 23
A friend will offer you great advice but because it isn't what you were hoping to hear, you may ignore it. Almost certainly tomorrow's full moon will make sure you regret it, so don't let your ego get in the way of facts.

♌ Leo
July 24 - Aug. 23
You may be tempted to push yourself both physically and mentally, but is that such a good idea? You are already moving fast and living close to the edge. One wrong step could send you over the precipice.

♍ Virgo
Aug. 24 - Sept. 23
If you want to get the most from the day focus your energy in a single direction and put less important matters on the back burner for a while. If you crave success you have to be ruthless.

♎ Libra
Sept. 24 - Oct. 23
You are attaching too much importance to issues that only a few days ago would have meant nothing. Why that should be is impossible to say but you need to ease up a bit.

♏ Scorpio
Oct. 24 - Nov. 22
The approaching full moon warns your big ideas need to be brought down to earth. Inject some reality into your thinking over the next few days. You won't get rich on dreams alone.

♐ Sagittarius
Nov. 23 - Dec. 21
A lot of good things have been happening but tomorrow's full moon in your sign will confront you with an issue that is unlikely to have a happy ending. Decide what's best for you and those you love, then act accordingly.

♑ Capricorn
Dec. 22 - Jan. 20
There is a danger that you will start believing that nothing bad can happen. That kind of thinking is guaranteed to set off a cosmic chain of events designed to remind you that few things are written in stone.

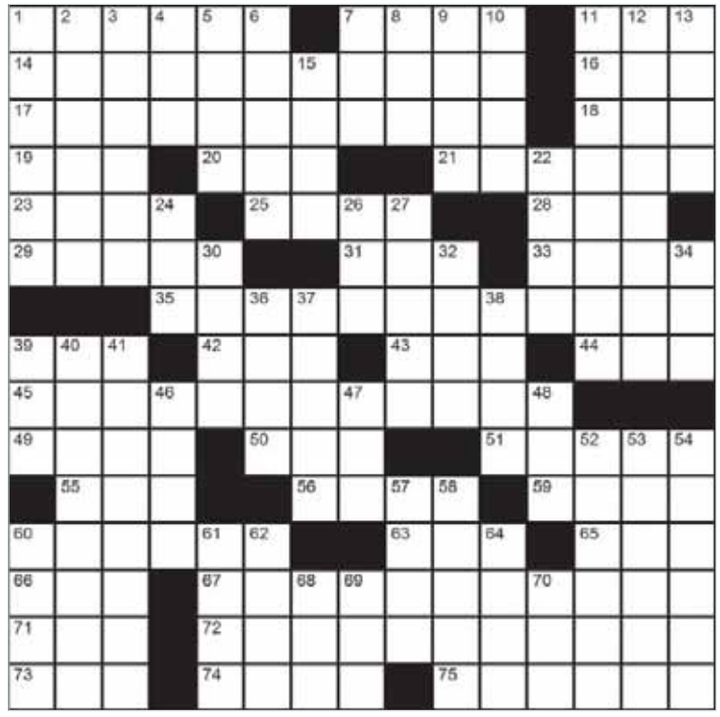
♒ Aquarius
Jan. 21 - Feb. 19
Don't let anyone tell you that you do not deserve your good fortune, because luck has nothing to do with it. The fact is you deserve every good thing now coming your way.

♓ Pisces
Feb. 20 - March 20
There are a lot of things going on behind the scenes and with tomorrow's new moon you could find yourself involved in plots and conspiracies. Make a point of taking none of it too seriously. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



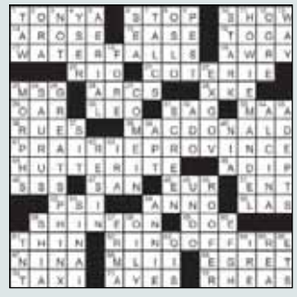
Across

1. Reversible patterned fabric
7. Poetic foot
11. Utah's cap.
14. June 12th, 2014 in Ontario this year: 2 wds.
16. Golf club part
17. Hits for this Canadian band include a cover of The Rolling Stones song at #35-Across
18. Ms. Landers
19. Beatles: "_ __ Mine"
20. Eastern prov.
21. Become soggy: 2 wds.
23. Survive
25. Saturate
28. '_' __ in Edmonton
29. Loosen
31. Mr. Howard
33. City haze
35. As per #17-Across, it goes: "Down to me, the change has come...": 3 wds.
39. Panda symbol org.
42. Mr. Knotts
43. Honey maker
44. Parisian possessive
45. Nova Scotia: Eglise Sainte-Marie is North America's largest what?: 2 wds.
49. 'Switch' suffix
50. Blinker
51. Emcees
55. Mil. titles
56. Millennium divs.
59. "Magnum, P.I." setting
60. Swedish tennis great Stefan
63. Old high note
65. Mai __ (Cocktail)
66. Here: Spanish
67. Tailoring tasks
71. __-de-sac
72. Songbirds listed as 'Threatened' on Ontario's Species at Risk list, Eastern __
73. Monogram of the horror author (b.1890 - d.1937) who created the monster Cthulhu
74. Fasteners
75. Actor Gary

Down

1. "I Love Lucy", A __ Production
2. Director Robert
3. "Not the __ hint of a..."
4. High card
5. Pace
6. Sky high toys
7. 'Benedict' suffix
8. Li'l court prosecutor
9. Ms. Helgenberger
10. Memory unit
11. BC: Granite monolith in Squamish, __ Chief
12. Elvis: "Are You __ Tonight?"
13. Penny
15. "Love Rollercoaster" by The __ Players
22. Musician/radio personality John
24. Ancient war god
26. Coming-in-plane, e.g.
27. Dried seaweed
30. Michael __ (The Neverending Story author)
32. Big Apple denizen
34. Theatrical monogram
36. Exhausted
37. Britannica, e.g.
38. __-savvy
39. Vince McMahon's org.
40. 2014 FIFA __ __ Brazil
41. As per #40-Down, the second 'F' of FIFA
46. Amount of medicine
47. "__ Haw"
48. Owl's chirp
52. Enlightenment, in Zen Buddhism
53. "I appreciate that"
54. Geneva's country, in French
57. Roman ruler
58. Deli side orders
60. Per
61. Highway exit
62. Hilarity
64. Mythical Hun king
68. Identify
69. Mr. Begley Jr.'s
70. Singer Janis

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6		1		5				
			4				8	
	5			2		7		
9		3	6		2	5		
	7						9	
		4	7		9	3		2
		5		8			2	
	3				1			
				7		8		3

Yesterday's Sudoku

6	5	7	2	8	1	9	4	3
3	2	1	4	9	5	6	7	8
8	9	4	3	7	6	1	2	5
2	8	5	6	4	7	3	1	9
7	6	9	1	5	3	4	8	2
1	4	3	8	2	9	7	5	6
5	3	8	9	1	4	2	6	7
9	1	2	7	6	8	5	3	4
4	7	6	5	3	2	8	9	1

Weather

TODAY	FRIDAY	SATURDAY
MAX: 19° MIN: 7°	MAX: 12° MIN: 9°	MAX: 14° MIN: 4°

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2008 Hyundai Elantra GLS B5773
115,000 km • Sunroof • Keyless Entry • Alloys

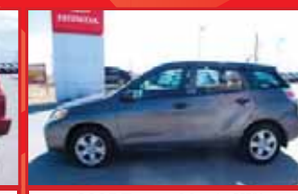
$9,464 or $73/bw

2007 Hyundai Elantra GL B5817
103,283 km • Auto • A/C • CD Stereo

$9,468 or $88/bw

2001 Honda CR-V LE SE0621A
171,178 km • Auto • Cruise • Leather

$9,468



2005 Toyota Matrix B5791
115,062 km • Manual • CD Stereo

$9,468

2005 Toyota Matrix XR B5824
124,000 km • Auto • A/C • Cruise

$9,468

2007 Suzuki SX4 B5825
69,000 km • Power Windows • CD Stereo • Manual

$9,969 or $94/bw

2008 Ford Focus SES B5787
102,268 km • Auto • Sunroof • Alloys

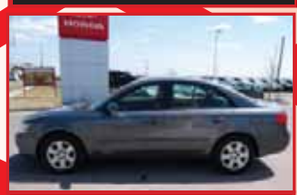
$11,369 or $91/bw

2007 Honda Civic EX B5748A
119,547 km • Manual • Cruise • Sunroof

$11,969 or $117/bw

2008 Ford Escape 4WD AE0306A
160,918 km • Limited • V6 • Loaded!

$12,369 or $100/bw



2010 Hyundai Sonata GL B5798
100,525 km • Auto • Cruise • Keyless Entry

$13,369 or $94/bw

2005 Honda Civic Si B5749A
97,412 km • 5-Speed • Cruise • Sunroof

$10,468

2006 BMW 330 Xi B5779
108,013 km • Leather • Sunroof • AWD • Auto

$16,369 or $216/bw

2009 Volkwagen GTI B5723
105,000 km • Auto • Alloys • Cruise

$17,464 or $148/bw

2011 Honda Accord SE SE0352A
76,826 km • Bluetooth • Cruise • Pwr. Driver Seat

$18,469 or $120/bw

2008 Honda Ridgeline EX-L SR B5764
157,307 km • Leather • Sunroof • Heated Seats

$19,369 or $166/bw

2008 BMW 335 Xi B5743A
142,000 km • Leather • Sunroof • Auto • AWD

$19,957 or $172/bw

2008 Mini Cooper Clubman S B5827
49,000 km • Alloys • Sunroof • Cruise

$19,969 or $163/bw

2010 Honda Civic DX-G SE0297A
69,000 km • Keyless Entry • A/C

$13,969 or $99/bw

2006 Honda CR-V EX B5832
132,068 km • Alloys • A/C • Auto • Cruise

$14,369

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